

**IDIOT'S
GUIDES**
AS EASY AS IT GETS!

Kama Sutra

Tantalizing tips for
sizzling *Kama Sutra* sex

Perfect pointers for
pleasing your partner

Color photos show
Kama Sutra positions,
practices, and more

Dr. Ava Cadell

No one likes a know-it-all. Most of us realize there's no such thing—how could there be? The world is far too complicated for someone to understand *everything* there is to know. So when you come across a know-it-all, you smile to yourself as they ramble on because you know better.

You understand that the quest for knowledge is a never-ending one, and you're okay with that. You have no desire to know everything, just the *next* thing. You know what you don't know, you're confident enough to admit it, and you're motivated to do something about it.

At *Idiot's Guides*, we, too, know what we don't know, and we make it our business to find out. We find really smart people who are experts in their fields and then we roll up our sleeves and get to work, asking lots of questions and thinking long and hard about how best to pass along their knowledge to you in the easiest, most-accessible way possible.

After all, that's our promise—to make whatever you want to learn “As Easy as It Gets.” That means giving you a well-organized design that seamlessly and effortlessly guides you from page to page, topic to topic. It means controlling the pace you're asked to absorb new information—not too much at once but just what you need to know right now. It means giving you a clear progression from easy to more difficult. It means giving you more instructional steps wherever necessary to really explain the details. And it means giving you fewer words and more illustrations wherever it's better to show rather than tell.

So here you are, at the start of something new. The next chapter in your quest. It can be an intimidating place to be, but you've been here before and so have we. Clear your mind and turn the page. By the end of this book, you won't be a know-it-all, but your world will be a little less complicated than it was before. And we'll be sure your journey is as easy as it gets.

A handwritten signature in black ink that reads "Mike Sanders". The signature is written in a cursive, flowing style with a large, stylized "M" and "S".

Mike Sanders
Publisher, *Idiot's Guides*

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Kama Sutra

by Dr. Ava Cadell



A member of Penguin Group (USA) Inc.

This book is dedicated to my husband Peter, who tried many of these Kama Sutra positions with me, and to all the adventurous couples that are going to use this book to enhance their sex lives.

ALPHA BOOKS

Published by Penguin Group (USA) Inc.

Penguin Group (USA) Inc., 375 Hudson Street, New York, New York 10014, USA • Penguin Group (Canada), 90 Eglinton Avenue East, Suite 700, Toronto, Ontario M4P 2Y3, Canada (a division of Pearson Penguin Canada Inc.) • Penguin Books Ltd., 80 Strand, London WC2R 0RL, England • Penguin Ireland, 25 St. Stephen's Green, Dublin 2, Ireland (a division of Penguin Books Ltd.) • Penguin Group (Australia), 250 Camberwell Road, Camberwell, Victoria 3124, Australia (a division of Pearson Australia Group Pty. Ltd.) • Penguin Books India Pvt. Ltd., 11 Community Centre, Panchsheel Park, New Delhi—110 017, India • Penguin Group (NZ), 67 Apollo Drive, Rosedale, North Shore, Auckland 1311, New Zealand (a division of Pearson New Zealand Ltd.) • Penguin Books (South Africa) (Pty.) Ltd., 24 Sturdee Avenue, Rosebank, Johannesburg 2196, South Africa • Penguin Books Ltd., Registered Offices: 80 Strand, London WC2R 0RL, England

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International Standard Book Number: 978-1-61564-714-9

Library of Congress Catalog Card Number: 2014943310

16 15 14 8 7 6 5 4 3 2 1

Interpretation of the printing code: The rightmost number of the first series of numbers is the year of the book's printing; the rightmost number of the second series of numbers is the number of the book's printing. For example, a printing code of 14-1 shows that the first printing occurred in 2014.

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Introduction

If you're looking to add more sizzle to your sex life, *Idiot's Guides: Kama Sutra* is the book you've been waiting for. Within these pages, you will learn the basics of this ancient love manual and the way to incorporate its sensual lessons into the modern art of love, romance, intimacy, and sex.

This book offers a variety of valuable insights into how you can enhance the quality of your love life, starting with the love you have for yourself. By learning to love and accept yourself mentally, physically, and sexually, you will become a more mindful lover. Not only will you know how to reach your own sexual peak, you will also create a stronger, more intimate connection with your partner as you help each other achieve your sensual greatness.

Beyond being just a collection of erotic sexual positions, *Idiot's Guides: Kama Sutra* takes an insightful look at the various pieces of the sexual puzzle. It's one thing to know how to turn on your lover's body, but when you discover how to turn on your partner's mind, that's when your relationship goes from average to supercharged. Creating deep intimacy outside of the bedroom helps guarantee that the experience between the sheets is as intense as possible.

I've used this ancient text as a launching point and incorporated modern knowledge with the latest tools and techniques that people now have regarding sexual experiences. These include the following:

- * The way the brain processes attraction
- * The differences between male and female desire
- * How the senses can enhance pleasure
- * Exercises and techniques that create stronger orgasms for both men and women
- * The shift that is taking place as women become more sexually empowered

Detailed and instructive, with just the right amount of juicy humor, I'm sure you will have an eye-opening experience as you move through this book. Welcome to your sexual awakening. Welcome to a sexier you. Welcome to *Idiot's Guides: Kama Sutra*.

How to Use This Book

This book is put together in such a way that you can open to any page and find useful information. It is not necessary to read from beginning to end, but it is intended to inspire you to find a chapter on your favorite topics. The following are the seven parts and what they're dedicated to:

Part 1, Warm Up with a Little Background, introduces you to the fascinating history of the *Kama Sutra*. Here, you learn how the *Kama Sutra* is much more than simply an ancient sex manual and are introduced to the truth behind the famous (but often misunderstood) 64 Arts. Additionally, this part includes a glossary of the various terms and definitions you will come across throughout the book.

Part 2, Turn On the Tools at Play, begins the sensual exploration of elements to enhance sexual pleasure. Understanding the differences in the ways most men and women approach sex mentally and physically can go a long way to ensuring intense mutual satisfaction. Additionally, you discover how to create a full sensory experience by incorporating the gifts of sight, sound, smell, taste, and touch into your lovemaking. Expanding your horizons even further, you are also introduced to the power of incorporating Tantra and chakras to heighten your sexual pleasure.

Part 3, Spice Up Your Sex Life, shows you how to add more “play” to your foreplay. The various *Kama Sutra* techniques for touching, scratching, biting, patting, and giving oral sex are outlined. You also learn a multitude of new ways to increase sexual excitement by exploring boundaries and taboos with sex toys, anal play, and role-playing.

Part 4, Take Your Position, is where you can find many varied *Kama Sutra* positions. Each one has a brief introductory description, as well as detailed instructions for how to perform them. The positions have difficulty ratings from 1 to 5 lotus flowers, with 5 being the most difficult. The movement descriptions, such as mild to wild or slow and intense, indicate whether the position is about an intimate connection or a more carnal experience. The “spicing up” portions let you heighten the intensity of action by giving you additional options for taking it to an even more exciting level of erotic pleasure. Finally, the hotness for her and hotness for him outline what women and men find most exciting about the position.

Part 5, Afterplay, shows you how reaching climax doesn’t have to mean reaching the end of the sexual experience. You learn how to maintain intimacy through the recovery period so that you might relight the sexual fires for another round of fireworks with your partner.

Part 6, The Life Fire, takes the *Kama Sutra* out of the bedroom and into your daily life. Here, you see how to utilize the same tools you use to enhance your sexual experience to create even fuller and more passionate relationships.

Part 7, For Further Pleasure, offers up an excellent collection of resources for further sexual exploration.

Acknowledgments

Many thanks to Mike Sanders for recommending me to write this book and to Brook Farling for believing that I could do it at warp speed. My appreciation also goes to Shadley Grei, who worked tirelessly with me as a brilliant coordinator and writer; I could not have finished this book without you. Finally, to Kayla Dugger, whose editing and guidance were truly superlative.

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Part 1

Warm Up with a Little Background

While the *Kama Sutra* has a reputation for being a book about sexual positions, this ancient collection offers far more than that. With this guide, you also learn numerous ways to add sexual excitement—beyond the sex itself—to enrich the quality of your love life.

In this part, I discuss the history of the *Kama Sutra*, the mysterious 64 Arts, and the sensual terms you will find throughout this book.

The History, Philosophies, and Intentions of the *Kama Sutra*

The original *Kama Sutra* was a compilation of writings put together by Hindu scholar and monk Vātsyāyana as early as the second century C.E. It is considered by many to be the oldest traceable text dealing with the arts of love and sexual attraction. This complex book, written in Sanskrit, is the only surviving account of this period in Indian history and is often resourced by historians trying to understand how society functioned during this era.

Much more than a guide to sexual pleasure, the *Kama Sutra* was mainly written as a way to educate men on how to be successful leaders, as well as lovers, and to give women an insight into being better partners to their men.

While much of the *Kama Sutra* may seem patriarchal, a great deal of focus is placed on a man's duty to please the woman in his life and how failing to do so will lead to her finding pleasure elsewhere. The main message of the *Kama Sutra* was that a successful union between men and women required both to be well-educated in the arts of pleasure—cerebral as well as physical.

The Four Pillars of Life

The need for Vātsyāyana to create the text that would become the *Kama Sutra* was driven by the Hindu belief that life contained four great aims or goals. Successfully pursuing three of these aims—Dharma, Artha, and Kama—would lead to obtaining the ultimate goal of Moksha. These are highly complex concepts that have several translations, depending on the resource material, but here are some general definitions for an introductory understanding:

- ✦ **Kama** refers to love, as well as the body and the senses. It encompasses romance, sex, emotional relationships, intimacy, and desire. It also supports the exploration of sensory pleasures.
- ✦ **Dharma** refers to the many elements of spirituality, including truth, religious practice, virtue, and the moral code. This is the ethical pursuit of living a good and proper life.
- ✦ **Artha** supports the desire for material possessions and property. The goal of earning an income, becoming wealthy, and increasing one's standard of living by increasing the number of tangible objects owned is all part of this aim.
- ✦ **Moksha** is the successful combination of the three other aims that leads to liberation and rebirth through the cycle of life and death.

Vātsyāyana was adamant in stressing that Kama should never be pursued selfishly or separated from the other aims. They must all be pursued equally and with balance. The body must be cared for and stimulated; the mind must be exercised; the conscience must be clear. These three elements create the foundation for a blissful life. As Vātsyāyana stated, “A man practicing Dharma, Artha, and Kama enjoys happiness both in this world and in the world to come.”

Understanding the Time of the *Kama Sutra*

Because many of the concepts of the *Kama Sutra* seem so foreign to many of the modern-day practices, it's beneficial to gain a little insight to the ways things were when the text was originally written.

It is believed that Vātsyāyana wrote the *Kama Sutra* during the reign of Samudragupta, one of the greatest kings of the Gupta Empire. This empire controlled almost the entire northern region of India. It was a very wealthy time, with the rich getting richer and the upper middle class thriving, so life's pleasures were plenty, such as music, dancing, extravagant events, theater, and stunning architecture. In many ways, it was considered the “Golden Age” of Indian history, as science and the arts flourished, with many strides made in medicine, philosophy, and mathematics.

The *Kama Sutra* was meant mostly for rich and sophisticated men who enjoyed a refined lifestyle of leisure and an appreciation for the arts. In fact, lovemaking was considered an art form that required education and skill in order to be considered a master.

During this time, women had a decent amount of freedom and respect, though they remained secondary to men and were expected to respect male authority. Their lives revolved mostly around the men in their lives—their father, husband, and adult sons. Married women retained a certain amount of power in the household, though their lives were limited mostly to the home, with little to no involvement in business, politics, or other professions. They were expected to be caretakers, mothers, and sexual partners.

The exception to this was in the role of the professional courtesans, who held a great deal of prestige in Indian society. Beautiful, well educated, and poised, many of them were also famous poets and artists. Sons of wealthy families would oftentimes spend time with courtesans to expand their education, especially in the erotic arts.



A Look Inside the Real *Kama Sutra*

The original *Kama Sutra* collection contained over 1,000 chapters, which, over time, was reduced to 36 chapters. These chapters were divided into seven sections dealing with the various aspects of romance, sex, and courtship.

While largely considered to be little more than a guide to sexual fulfillment, sexual practices only make a single chapter of the *Kama Sutra*, with the rest of book offering insights into divine union. In fact, the actual material covering intercourse only makes up 5 percent of the full text!

The following is a brief overview of the seven sections that complete the current *Kama Sutra*:

Part One: The Vātsyāyana Sutra. This part includes five chapters outlining what is to come in the book. It provides the basics on societal and social expectations and introduces the three aims of life. It also discusses home decorating with a focus on how to best design the bedroom, plus gives tips on bathing, grooming, massage, food and beverage, fashion, jewelry, and festivities. The description of sex between people of different castes is discussed, and both lovemaking with the wives of other men and homosexuality are briefly mentioned.

Part Two: Of Sexual Union. The most famous section of the *Kama Sutra*, this section contains 10 chapters that cover how male and female genitalia are best matched by size, as well as sexual capacity and temperament. Vātsyāyana gives hints on how unmatched partners can work together to achieve mutual pleasure, as well as discussing foreplay. There are also detailed sections describing how various types of kisses, bites, scratches, sounds, and blows add to sexual exploration. Fellatio is described in detail, while cunnilingus and anal sex are only briefly mentioned.



Love Bites

In this book, I concentrate on Part Two, which deals primarily with creating a better intimate connection with your partner through various sexual techniques. The full *Kama Sutra* is well worth reading and researching, though, as it gives a fantastic insight into a very distinct time in human history. Many of the practices may not be relevant to modern society, but it remains one of the best records to show how interpersonal and romantic relationships have evolved over time.

Part Three: About the Acquisition of a Wife. Five chapters include a detailed guide for a man to find a wife. Though arranged marriages were the norm when the *Kama Sutra* was written, Vātsyāyana argued that it was still important to marry someone you love, even in a contracted marriage: “Prosperity is gained only by marrying that girl to whom one becomes attached.”

Part Four: About a Wife. This part has two chapters that describe the duties and privileges of a woman, whether she is the only wife or one of many. When the *Kama Sutra* was written, it was common for men to have more than one wife, though it was usually an arrangement only for the wealthy. The richer the man, the more wives he could afford.

Part Five: About the Wives of Other Men. Six chapters on the acceptable behaviors between men and women, including how to seduce the wives of other men, are included in this part. Though Vātsyāyana doesn’t recommend infidelity outright, he does state that “moral objections do no resist the mounting of passion.” The concept of fidelity had a very different perception in a culture where men oftentimes had several wives as well as several mistresses. It was considered a symbol of status for men, though the same respect was not given to women, who were expected to be loyal to a single man.

Part Six: About Courtesans. This part includes six chapters that outline the proper etiquette for prostitutes. Courtesans were highly regarded in ancient Indian cultures, as well as many other parts of the world, when the *Kama Sutra* was written. This kind of work didn’t carry the same judgment associated with such work today. Becoming a courtesan was seen as a perfectly acceptable and even respectable way for a woman to support herself financially.

Part Seven: About the Means of Attracting Others to Yourself. In this part are two chapters that deal with sex toys, aphrodisiacs, and even magical spells (which were believed to bewitch a potential lover). It also includes beauty tips, techniques for enlarging the lingam, and getting erections.

While the *Kama Sutra* was primarily written as a guide for men, women were encouraged to study it as well, though formal education was something most of them were denied. Young women were oftentimes educated on the concepts of the *Kama Sutra* before marriage by other respectable married women, such as aunts, sisters, or servants. This education would continue after marriage “with the consent of their husbands.”

The most prominent English translation of the Kama Sutra was published in 1883, with credit going to renowned author Sir Richard Francis Burton, who privately published the book. However, three men did much of the actual translation: civil servant Forster Fitzgerald Arbuthnot, archeologist Bhagwanlal Indraji, and student Shivaram Parshuram Bhide.

Additional Books to Consider
While the *Kama Sutra* may be the most famous of the ancient books written about sex and sensuality, it is certainly not the only one. The following are a couple others you may want to look for if you enjoy the *Kama Sutra* exploration.

The Ananga Ranga: Written in the fifteenth century in a much-more-accessible Sanskrit text by Hindu poet Kalyanamella, the *Ananga Ranga* was an updated version of the *Kama Sutra*. Given its easier readability, it actually bypassed the *Kama Sutra* as the reference of choice for sexual pleasure.

The *Ananga Ranga* contains advice for married couples to achieve success, both socially and sexually. While easier to comprehend than the original *Kama Sutra*, the writing suggests that it was written during a more sexist time in history, as very little focus is given to female pleasure.

The Perfumed Garden: This is another classic book of erotic literature, which, like the *Kama Sutra*, was translated by Sir Richard Francis Burton.

The Perfumed Garden was a fifteenth-century Arabic sex manual originally compiled by Muhammad ibn Muhammad al-Nafzawi. Like the *Kama Sutra*, this book covers what qualities make men and women attractive and sexual techniques. It also includes dream interpretations and a discussion on sex among animals. Written with a sense of amusement, *The Perfumed Garden* also includes several stories that are meant to exemplify the lessons as well as entertain.

Love Bites

It's interesting to note that Burton had translated his version from an 1886 French manuscript printed by Isidore Liseux, which contained an incomplete twenty-first chapter. It is believed that the original text in this final section included material on homosexuality, which was removed in the French version. Burton was working on a revised translation called *The Scented Garden* based on the original text that would have included this text when he died in 1890. This new book was never published, as Burton's wife burned the manuscript after he died.



What Are the 64 Arts?

Beyond the assumption that the *Kama Sutra* is the world's oldest version of *The Joy of Sex*, people often believe it contains 64 “perfect positions,” because there are “64 Arts” listed in the *Kama Sutra*. However, the actual 64 Arts are not positions at all.

While there are thorough teachings on the various aspects of pleasure—including body positions, kissing, pinching, biting, and scratching—the “true” 64 Arts is a list of skills included in the *Kama Sutra* that were believed to create the perfectly well-rounded person. While many of the original 64 Arts have no relevance to our current culture, a lot of them do remain significant.

Let's look at a few of these arts and compare what they meant in the era of the *Kama Sutra* with how they compare today.

Music and Dance

There was no radio or recorded music when the *Kama Sutra* was written, but the importance of music was just as integral to sensuality and seduction as it is for many people today. It's quite possible that it had even greater seductive power back then, because it was usually enjoyed in public except by the extremely wealthy. So a song that lit a fire between you and your lover would have to smolder under your layers of clothing while you were surrounded by friends, family, and community, creating a taunting desire until you were able to escape together to feed the hunger. This, in turn, made dancing very popular! It allowed you and your lover to wrap your arms around each other and be close, feeling the heat grow between you as you whisked around the dance floor.

Dancing, singing, and music continue to be just as powerful today. Music can help create an incredibly sensual atmosphere that makes your intentions unmistakable, and pulling your partner close for a slow dance creates the same sparks it did hundreds of years ago. However, that music can now be enjoyed in the privacy of your own home—you don't have to wait in order to satisfy your lust.

Love Bites

Explore a new style of music with your partner. The Information Age can introduce you to the entire world of music for free. Find something neither of you are familiar with, listen to a couple songs, and discuss your perceptions and opinions.



Spreading Flowers on the Sofa, Bed, or Floor

Flowers were a big part of the culture when the *Kama Sutra* was written, so they play heavily throughout the text. They are mentioned in 5 of the 64 Arts and many of the more-detailed passages about seduction and romance involve flowers, such as this one:

“At such a time, with flowers in her hair hanging loose, and her smiles broken by hard breathings, she should press upon her lover’s bosom with her own breasts.”

In fact, the perfect home that every man should aspire to was described as having a bed with “garland and bunches of flowers upon it.” Placing flower petals on the bed and floor in various arrangements was an important skill for not only women to understand, but men as well, as their seductive power was well respected.

The same holds true today, as flowers remain one of the leading gifts to represent love and affection. Roses have become the most standard choice, but surprising your partner with a favorite flower goes a long way, because it shows you are paying attention and care about the details. And ladies, be sure to ask your man if there are flowers or plants he likes. The romantic touch of this gift goes both ways.

Culinary Arts

The powers of the kitchen have long been understood. In fact, the original *Kama Sutra* contained a number of recipes that were thought to have seductive, healing, or magical properties. In the related text of the *Ananga Ranga*, there were no fewer than 130 recipes, divided into 33 different subjects, including concoctions for “hastening the paroxysm of the woman”; “thickening and enlarging the lingam”; and “drugs and charms for purposes of fascinating, overcoming, and subduing either men or women.” Beyond these magical potions, it was understood that being confident in the kitchen, for both men and women, indicated an equal confidence in the bedroom.

Food remains not only one of life’s fundamental necessities, but also one of its great pleasures. These days, it’s possible to quickly find nearly any recipe, along with detailed instructions and video assistance for bringing it together in your own home, online. Being able to cook for your partner is a great way to express your love and gratitude. And working together in the kitchen can be as seductive and sensual as anything else, with the added benefit of leading to dessert!

Making the Bed and Placement of Cushions

The importance of the bed was well understood in the *Kama Sutra*, not just for sleeping or intercourse, but as part of the creation of intimacy. There is even a kiss named specifically for the bedroom:

“When a lover coming home late at night kisses his beloved, who is asleep or in bed, in order to show her his desire, it is called a ‘kiss that awakens.’ On such an occasion, the woman may pretend to be asleep at the time of her lover’s arrival, so that she may know his intention.”

Knowing how to incorporate pillows and cushions to create a welcoming space, both in the bedroom and through the house, was considered one of the other important arts for both sexes to understand.

Creating a peaceful and inviting bedroom these days is a nice way to show respect for the intimacy you are building together in your relationship. If you’re going to explore the *Kama Sutra*, your bedroom should be a place where you can happily and comfortably spend a great deal of time. As you read through the positions I have included throughout this book, you will also notice opportunities to test your skills at using pillows and cushions to prop up various body parts for both you and your partner.

Love Bites

Make a cake together. Even if you start with an instant mix that only requires a few additional ingredients, you share the experience of making something that is both simple and sweet. There are many ways to spice up a simple cake recipe with fruits, nuts, or inventive icings, so let your imagination run wild. And don’t forget to lick your partner’s spoon!



Playfulness

Mental exercises and game-playing are found throughout the *Kama Sutra*, with their romantic intentions well understood. Both men and women were expected to know how to play as part of the flirtatious dance. Playfulness was considered a sign of intelligence. In fact, several of the 64 Arts allude to these skills, such as number 27, which talks of games with “solution of riddles, enigmas, covert speeches, verbal puzzles, and enigmatical questions.”

A quick wit and a great sense of humor are traits that are just as attractive today to both sexes as they have ever been. Laughter is incredibly sexy and can quickly draw two people together. Being smart but also fun-loving is a great combination to have in a partner when exploring the *Kama Sutra*. It's both wildly erotic and immensely entertaining. When you're doing it with someone who can make sure that above all else you're both having fun, insecurities and inhibitions are more quickly replaced with an adventurous attitude.

All of these skills help create an exciting, attractive, sexy life that draws people (and lovers) to you. Working to incorporate all of them into your life, even a little bit, goes a long way toward boosting your interpersonal status.

While many people get overwhelmed by the idea of expanding their skill set, because they assume they have to master a skill in order to justify adding it to their “personal resume,” that's not the case at all. Even Vātsyāyana recognized this in the original *Kama Sutra* text, stating that “even the bare knowledge of them [the 64 Arts] gives attractiveness to a woman” and “a man who is versed in these arts, who is loquacious and acquainted with the arts of gallantry, gains very soon the hearts of women.” The goal was not to perfect all of these skills as much as it was to create a diversified and interesting personality. So while it's true that being a brilliant pianist can be incredibly impressive, being able to teach your partner how to play “Chopsticks” while sharing a piano bench can be even sexier.

Love Bites

Add some more fun to reading this *Kama Sutra* book by coming up with your own names for the positions. Give a playful name to your partner's lingam or yoni. Together, you can also come up with a way to give your favorite board or card game a sexy twist, maybe by letting the winner choose the next *Kama Sutra* position to be explored.

Glossary of *Kama Sutra* and Other Sensual Terms

I have combined many of the terms used throughout the *Kama Sutra* with ancient Sanskrit and Tantric language, as well as modern interpretations, sensual slang, and medical terminology. Therefore, I'd like to give you a quick reference to many of these definitions you need to know before getting into the tools and positions you'll use with your partner.

64 Arts The list of 64 skills in the *Kama Sutra* that men and women were expected to master.

A-spot Also known as the epicenter or female prostate, this refers to the anterior fornix, which is located inside on the front wall of the vagina/yni (between the cervix and the bladder).

acupressure The application of pressure with the fingers, hands, and palms to various areas of the body with the intention of relieving stress, unblocking energy, and promoting blood flow.

amrita A Sanskrit term synonymous with ambrosia or the nectar of the gods, this refers to female ejaculate.

anus The muscular ring at the entrance to the rectum.

aphrodisiac Foods, herbs, drugs, drinks, or scents believed to increase libido and create sexual desire.

Artha One of the four Hindu pillars of life, defined by material possessions and wealth.

bandha A Sanskrit term meaning “binding,” this is associated with PC muscle flexion and lock.

BDSM Short for bondage, dominance/discipline, sadism, and masochism, a form of sexual activity where the line between pleasure and pain is explored. It includes consensual physical restraint, servitude, and the infliction of acceptable pain.

bigasm The stimulation of two points of pleasure simultaneously to achieve orgasm.

bindu A Sanskrit term meaning “point” or “drop,” this refers to a drop of semen.

blended orgasm Creating two points of pleasure and switching back and forth between them before achieving orgasm.

cervix The lower, tapered end of a woman's uterus that opens into the vaginal canal.

chakra Meaning "wheel" in Sanskrit, it is a part of the body through which energy flows. The seven main energy centers are root, sacral, solar plexus, heart, throat, third eye, and crown.

clitoris A woman's supersensitive erectile tissue whose tip appears externally above her vaginal opening/pearl. It has no other function than sexual pleasure and is the easiest way for many women to reach orgasm when stimulated.

copulation The act of sexual intercourse.

courtesan A well-educated, refined, and attractive prostitute. When the *Kama Sutra* was written, courtesans were considered a normal and respectable part of society.

cunnilingus Oral sex performed by stimulating the vagina, vulva, and clitoris with the lips and tongue.

deep-spot orgasm Also known as the posterior fornix, this is located just before the cervix in the deepest part of the back wall of the vagina/yni.

dental dam A small square of material resembling transparent food wrap that is placed between the mouth and the vagina or anus during oral sex.

Dharma The first of the four pillars of life in Hindu faith, this refers to faith and the pursuit of an ethical life.

digital sex Rubbing the lingam or yoni between the fingers or the toes.

endorphins Peptide hormones produced by the pituitary glands and the hypothalamus. Stimulated by sexual pleasure, they create feelings of well-being and a reduction of pain.

erectile dysfunction (ED) The condition in which a man is unable to get or maintain an erection during sexual performance.

erogenous zones Areas of the body/temple with heightened sensitivity that elicit sexual responses.

estrogen A hormone that influences sexuality and reproduction. While it's primarily found in women, it's also found in smaller doses in men.

fellatio Oral sex performed by taking the penis into the mouth.

femoral sex Rubbing the lingam between the thighs.

foreskin The layer of skin that covers the head of the penis. Oftentimes, this skin is removed shortly after birth in a surgical procedure known as circumcision.

frenulum Also known as the "sweet spot," this is located on the underside of the lingam between the head and the shaft.

G-spot Also known as the goddess spot or Grafenberg spot, this is located inside a woman's vagina between the cervix and the pubic bone on the upper wall of the urethral sponge.

gluteal sex Rubbing the lingam between the butt cheeks.

hero spot More commonly known as the prostate, this is a chestnut-shaped gland located just below the male bladder.

honoring the lingam Another name for fellatio, or oral sex with a male recipient.

honoring the yoni Another name for cunnilingus, or oral sex with a female recipient.

jewels Another name for the scrotum and testicles.

Kama One of the four pillars of life according to Hindu beliefs, this refers to love, sensuality, and sensory pleasure.

Kegel exercises Named after Dr. Arnold Kegel, these exercises strengthen the PC muscles for both men and women. Done by constricting and releasing the muscles in a way similar to the sensation of stopping the flow of urine, strengthening these exercises can prevent incontinence, aid with childbirth, stimulate the prostate, and assist in delaying ejaculation.

kundalini Known as a “corporeal energy” in Sanskrit, this is a sexual energy that moves up from the base of the spine.

libido Another name for sexual desire or drive.

lingam A Sanskrit term meaning “mark,” this refers to the penis and “wand of light” in Tantra.

lotus A symbol for the centers of consciousness (chakras) in the body, as well as a famous *Kama Sutra* position. The lotus petals signify the varying intensities of sexual energy.

maithuna A Sanskrit term used in Tantra that’s often translated as “sexual intercourse.”

mammary sex Rubbing the lingam between the breasts.

manual sex Rubbing the lingam or yoni in the palm of the hands.

meditation Practices that assist in calming the mind and bringing the focus more fully into the present.

million-dollar point An ancient Taoist technique for stimulation of the prostate from the hollow point in the perineum, between the anus and the scrotum.

mind-over-body orgasm Using sexual thoughts and visualizations to achieve orgasm.

Moksha The final of the four Hindu pillars of life, this refers to spiritual enlightenment and freedom from the cycle of birth and death.

mons The area above the genitals where pubic hair grows. It’s a major erogenous zone.

navel sex Rubbing the lingam on or in the belly button.

nipple orgasm This refers to how female nipples connect to nerves in the female genitals and release oxytocin during orgasm.

oral orgasm Also known as the mouth orgasm, this can be achieved through kissing, licking, sucking, or performing oral sex.

oxytocin Sometimes referred to as the “love hormone,” a hormone that acts as a neurotransmitter in the brain that creates a desire to touch and cuddle.

PC (pubococcygeus) muscle A muscle found in the pelvic floor of both sexes, running from the pubic bone to the tail bone, that contracts during orgasm.

pearl Another name for the clitoris.

perenium The ridged skin that stretches from the anus to the vagina or scrotum that’s considered an erogenous zone.

pillows of compassion Another name for a woman’s breasts.

popliteal sex Rubbing the lingam behind the semi-bent knee.

prana Meaning “life force” in Sanskrit, this refers to breath and life force energy.

prostate Located at the base of the bladder in men, the prostate gland is approximately the size of a small walnut. It controls the release of urine and contributes greatly to male ejaculation, creating nearly one third of the ejaculate fluid. It can be reached through the anus or by massaging the million-dollar point.

refractory period The recovery time after orgasm and/or ejaculation before sexual stimulation can begin again.

rosebud Another name for the anus.

sacred space Another name for the vagina.

sacrum Five fused bones that lie at the base of the spine just above the tailbone and between the hip bones.

Sanskrit An ancient, spiritual Hindu language. The *Kama Sutra* was written in Sanskrit.

sensory stimulation Any activity that awakens any or all of the basic senses: touch, smell, sight, sound, or taste.

Shakti A feminine Hindu deity, she represents the Divine Mother through which all of life or creation is born.

Shiva A masculine Hindu deity, he represents the masculine fundamental principle of essential, unchanging consciousness.

Skene's glands Glands that surround the urethral tube and facilitate female ejaculation.

skin orgasm This refers to how massaging and caressing the skin can achieve orgasm, as special receptor cells under the skin send messages along the nerve cells and up to the brain.

spinal sex Rubbing the lingam between the neck and the shoulder.

Tantra A practice of weaving yin and yang energy. It is associated with sacred sexual practices.

Tantric sex Sexual union using Tantra to reach a higher state of intimacy.

temple Another name for the human body.

testosterone A hormone predominately found in men, with smaller traces produced by the female body as well, that strongly influences sex drive.

trigasm The stimulation of three points of pleasure simultaneously to achieve orgasm.

spU-ot A small area of erectile tissue located all around the urethral opening.

unigasm The stimulation of one major erogenous zone, such as the clitoris/pearl or penis/lingam, to achieve orgasm.

urethra A duct in both the male and female body through which urine leaves the body.

visualization Using the imagination to create internal images or experiences in great detail. Visualization plays an important role in sexual intimacy.

vulva The external genitals of females.

wand of light Another name for the penis.

yab yum A Tantric sexual position in which woman is on top and facing her beloved so both partners' chakras are aligned.

yang In Chinese philosophy, this along with the yin is used to describe the connection of opposite forces. Yang is associated with male energy.

yin In Chinese philosophy, this along with the yang is used to describe the connection of opposite forces. Yin is associated with female energy.

yoni Another name for the vulva and vagina.

Part 2

Turn On the Tools at Play

In the *Kama Sutra*, seduction is the foundation—from seductive activities like dancing, poetry, and playing games to seductive positions in the sexual union.

Today, not much has changed when it comes to seduction. Building a memorable romantic connection takes a little work—but that doesn't mean it's not fun! By discovering what turns on your partner the most, the dance of love becomes easier and more passionate.

In this part, you discover how the magnetism of attraction and the allure of the senses can create the most explosive sexual experiences possible.



The Brain:

The Body's Most Important Sex Organ

When asked what part of the body is most responsible for great sex, most people probably think a lot lower on the body than the space behind the face. Men in particular are often accused of only thinking with their “little head” and not their big one.

While the physical acts of love utilize multiple parts of the body, it is only in the brain that pleasure is processed. For women in particular, the brain is the most erotic organ, as they have to get into a juicy frame of mind before they can enjoy physical pleasure.

The practices in the *Kama Sutra* are not just physical—they are mental as well. This makes it extremely important for you to be conscious of the thoughts and feelings you experience and the connection between your body and your brain. You must be aware of how things feel, both physically and emotionally.

The Information Age has created a flood of distractions, with many of the messages causing fear and negative self-esteem. For example, marketing campaigns point out all the things you need to “fix,” while the news reminds you how scary and dangerous the world is. Because so much of this information is absorbed on a subconscious level, it's possible to not even be aware of the damage being done—both to you and your partner.

In fact, romantic relationships can oftentimes take the brunt of the bad experiences that actually have nothing to do with the relationship itself. People tend to try to shed all of the day's challenges once home, and in doing so push their partners away instead of pulling them close. Therefore, it's important to decompress and separate the outside

A recent study done at the University of Southern California showed that people are exposed to the data equivalent of 174 newspapers every day. That's a lot to process!



world from the safety of the home. That way, you and your partner can have more control over emotional responses and a deeper connection that goes beyond the bedroom.

The following are some ways you can help build that mental connection:

- * Give your partner a hug when you arrive—not just a quick hello, but a true embrace. Exhale the day and inhale the night.
- * Turn your attention to your home life and your partner. Share positive experiences from the day, not just the difficulties. Find a way to laugh together.
- * Make a conscious effort to remain in the moment with your partner. The speed at which life seems to be happening makes it feel like an immediate response is necessary just to keep up. Luckily, this isn't true; it's just another one of the incorrect perceptions you're given by a loud-and-fast external world.
- * Get naked when you're at home with your partner, stripping down and going about your usual activities, so both of you can get comfortable in your own skin. This is an especially powerful way for women to get their partner to pay more attention to them, as the male brain is more responsive to visual stimuli.

Your curiosity in the *Kama Sutra* may have stemmed from the titillating sexual notions it contains, but the truest gifts to be discovered are in what you find within your heart and mind as you share the journey with someone you trust and love.

Communication Is Key

The exploration of the *Kama Sutra* can bring extraordinary levels of sexual pleasure to a relationship. Because many of the ideas presented may take practice or push the limits of sexual boundaries, it's incredibly important that communication is open and respectful.

Verbal Communication

Communication during lovemaking is usually direct and to the point, with the availability of one-word answers or easy directives, such as the following:

- ✧ “Does this feel good?”
- ✧ “Are you comfortable?”
- ✧ “Where should I touch you now?”

If you and your partner are not comfortable talking erotically during lovemaking, you can ask multiple-choice questions beforehand, such as the following:

- ✧ “Do you want me to go down on you?”
- ✧ “Do you want to be on top?”
- ✧ “Do you want to have your orgasm first?”

You and your partner should also be willing to discuss the experience outside of the bedroom, though in a way that invites a discussion and not a simple answer. For example, you can talk about how various things felt or what emotions they may have brought to the surface, such as “What position made you feel the most vulnerable? Sexy? Powerful?” or “How can I heighten your pleasure the next time?” It's quite possible it will be in these postcoital discussions that you learn what your partner likes or doesn't like but “powered through” so your enjoyment wouldn't diminish.

Love Bites

To help your partner feel heard, you can use a technique called *mirroring*. After your partner expresses a thought or feeling, repeat it back in your own words in order to make sure the intention of the comment is fully understood.





Women are now taking responsibility for their own sexual pleasure by stating their desires and initiating sex. This is one of the most noticeable changes in our society since the days of the Kama Sutra, when men were always in the power position.

Nonverbal Communication

Communication also involves staying clued in to the nonverbal signs your partner may be giving you. The ultimate goal is a heightened connection, passion, and orgasmic fulfillment that lifts your experience and relationship to a new level. This will only happen if both partners feel heard and respected.

It's especially important to watch for nonverbal cues with women, who may be new to expressing desire and sexual need. For example, this can manifest as her holding her partner closer and pushing her body toward him as she opens her legs wider. Many of the options found within the *Kama Sutra* give the woman an opportunity to be in a power position, which may be a first for her. Taking a subordinate role may be equally new for the man, who may try to maintain control. This can present an exciting way to challenge the power roles in your relationship, but you must both agree to be open and respectful.

Throughout the exploration of the various positions, watch for clues of discomfort, as something that feels pleasurable to one partner doesn't automatically mean it is pleasurable to both.

If either partner finds something uncomfortable, either physically or psychologically, take a break to catch your breath and change positions. This may be difficult if one partner is greatly enjoying what is going on but the other partner isn't. While compromise is certainly a healthy part of building a romantic relationship, when it comes to the vulnerability required for the *Kama Sutra* to truly work its magic, all boundaries should be respected during the act in order to reduce the risk of damaging your intimate connection.



The Sexiness of Trust

Like communication, trust is a foundational element while exploring the *Kama Sutra*. Trust is considered the sexiest thing in a relationship, because it's about two people being able to be vulnerable and honest with each other.

Why Is Trust Important?

Like anyone else, you probably spend a majority of your life in some kind of protection mode, either physical or emotional, in order to present the best side of yourself in your work and personal relationships. This is done to maintain or build the level of respect given by peers in less-intimate environments.

However, you want to be able to strip off all of the “armor” that helps you get through the day when you come home. Having a partner you trust to see you at your most naked and to respect that your needs and pain and secrets be kept private is the ultimate comfort.

Trusting that requests and desires won't be met with judgment is an important part of exploring the *Kama Sutra*. Because you're testing boundaries to find the highest levels of pleasure, you need someone you're comfortable with to make it an enjoyable experience. Knowing your partner won't push you beyond your comfort levels and is equally invested in the sexual discoveries of both of you allows for inhibitions to be lowered enough for these discoveries to be made.

Exploring Sexual Trust

Now that I've given you the basics on the importance of trust, let's look at an exercise for building sexual trust. The only rule is that you must always get a verbal "yes" of consent from your partner. If your partner says "no," it must be fully respected—no whining, pouting, or coercing. The more respectful you are of "no," the more likely your partner is to give you a "yes" the next time.

Give each of the following 15 minutes. Though it may not sound sexy, have a timer handy, because it will allow you to remain focused on the exercise and not keep checking the clock.



1. **He does what she wants.** The female tells her partner what she wants him to do, such as "rub my shoulders," "kiss my back," or "massage my yoni." Once he has consented, the timer and the exploration begins, with her directing him on how and where she wants to be touched.
2. **She does what he wants.** Switching roles, the man now tells the woman what he would like her to do, such as "suck my fingers," "massage my feet," or "tease my nipples." Again, once she has consented, the timer begins, this time with him directing her on what he wants to feel.
3. **He does what he wants.** This time, the man is going to tell the woman what he wants to do to her and she grants him permission to do. He might say, "I want to rub my lingam between your breasts" or "I want to finger your rosebud." She accepts or declines his request; once she consents to something, the timer begins.
4. **She does what she wants.** Finally, the woman tells the man what she wants to do to him, such as "I want to rub my yoni on your lingam without penetration" or "I want to tie your hands together and rub you with a feather." Once he consents, the timer and fun begins.

At any time during this exercise, either partner has permission to stop or adjust what is happening in order to maintain both mental and physical comfort. Once the exercise is complete, take the time to discuss how each aspect of it made you both feel.

Having Sex vs. Making Love

While the *Kama Sutra* was written during a very different time, when relationships had different rules and expectations, the basic concept remains the same: making love is an art of expression as much as a feeling. It combines trust, communication, and respect.

Having Sex and “Quickies”

Having sex is about getting physical pleasure with little regard for emotional connection. How you feel, what you want, and your own pleasure are given more weight than the needs of your partner. Things are kept shallow, and the concentration is on separate enjoyment, not shared experience. It is also limited to the acts of intercourse and orgasm.

Everybody knows how to have sex, where to put it, and how good it feels. There’s no denying that something quick and lustful can be very satisfying. The idea of a “quickie” was even popular when the *Kama Sutra* was written.

While Vātsyāyana acknowledges these bursts of heated passion to fulfill sexual hunger could be satisfying for feeding this desire, he also explains that their fast-and-furious nature places them lower on the scale of sensual pleasure. These “quickies” are usually more about a personal need for sexual release and less about an intimate connection with a loving partner.



Making Love and “Mindful Sex”

Making love, on the other hand, is about sharing pleasure and enjoying the journey as much as the destination. It’s a strictly human experience, because it requires higher intelligence and the ability to empathize and balance the desire for personal pleasure with the desire to bring your partner an equal or higher pleasure than your own. As partners become physically entwined, they also come together mentally and emotionally.

It’s a much more inclusive act than simply having sex, as it takes the aspects of intercourse and adds in the emotional connection and intimacy of foreplay that takes place during these sensual activities, as well as the cuddling and caressing that happens afterward.

If you’re like others, you love sex, but you strive for making love so you can take the trust and emotional intimacy you have for your partner to the next level.

In order to combine the physical and emotional, think of making love as “mindful sex.” When you are mindful, you are fully present, attentive, generous, and kind—both to yourself and your partner. The following are some ways to have mindful sex:

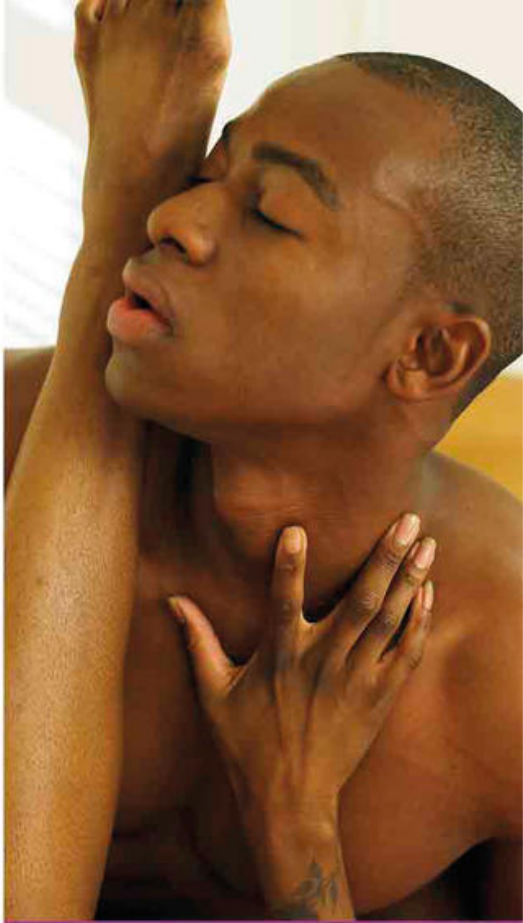
- * Notice and take nonverbal cues from your partner to make sure the mood is right to make love.
- * Make your partner’s pleasure a priority by setting the scene, whether it’s a warm bath, a candlelit bedroom, or frolicking in the garden.
- * Use touch to convey your partner’s arousal. This is more important than you getting yourself off. Explore your partner’s body in slow motion with your fingers and tongue.
- * Focus your attention on stimulating your partner’s primary erogenous zones, such as the nipples and sexual organs, by blowing cool breath with pursed lips, followed by hot breath with your open mouth.
- * Whisper how you are going to satisfy your partner by describing exactly how you want to make love. For example, “I’m going to make love to you in your favorite position after I give you a sensual massage.”
- * Make kissing a big part of your lovemaking experience. Whether kissing the forehead, eyes, cheeks, throat, breasts, joints of the thighs, arms, or navel, give that part your attention and passion.

Making love makes an emotional imprint, which is why you will remember lovemaking with someone special long after you forget the details of plain old sex.

How Men and Women Approach Love and Sex Differently

When the *Kama Sutra* was written, it was a monumentally different world, especially as it concerned the equality of women. Where women were once considered lovely possessions, they are now seen as equal partners. While this is becoming truer in every aspect of daily life, when it comes to sex, many women are still learning to take ownership of their desire and pleasure. As they do, people are learning much more about the differences in how men and women approach love and sex.

The following are some common differences between men and women when it comes to the love and sex department (keeping in mind these are general guidelines):



	Male Perspective	Female Perspective
Sex	Solely a physical act	An extension of how she feels about her partner
What's sought from a relationship	Respect	Understanding
How to express love	Through action	With words

Love Bites

Because many women don't separate the physical and emotional aspects of sex as easily as men can do, getting a woman "in the mood" can take a bit more effort. She will be much more affected by the physical surroundings, the time of day, and the distractions of a pending "to-do list."



Assumptions are often made because people assume their partner shares their life view, leading them to interpret their actions in a way they understand rather than what's truly meant. Recognizing and respecting these and other differences can go a long way to creating a long-term, intimate connection.

But how can that be done? Only through communication can a partner's true needs be realized and understood. The following are some basic things you can do to help you and your partner build a strong connection in and out of the bedroom:

- ✧ Don't take love between you and your partner for granted. Make a commitment to give the needs of your relationship the same dedication you give other aspects of your life.
- ✧ Connect with your partner through eye contact. Not only are you able to watch for signs of both desire and discomfort, but you are showing your partner you are fully present for the shared experience.
- ✧ Match your breathing to your partner's. This helps you align your energy with your partner, bringing you both into the same space and empowering what you are doing together.
- ✧ Touch your partner more often, and not just as a warm-up for sex. Hug your partner in the morning, lay your hand on your partner's knee while reading the Sunday paper, or even pull your partner into a surprise slow dance when a good song comes on the radio. This allows you to create a strong connection to your partner and is good for mental and physical health.

Exploring the *Kama Sutra* together is a great way to enhance your relationship, because you are learning something together, testing your boundaries, and discovering things about each other in a sexy, fun (and sometimes funny) way.

The Yin and Yang Energies

In the *Kama Sutra*, many positions embody yin and yang energy, as both of you move synchronously, fulfilling both the heart and the sexual connection. Today, the yin force is commonly associated with women focusing on sensual and emotional pleasure, while the yang force is often dominant in men focusing on sexuality and orgasm.

Yin and yang represent two opposing elements that are interdependent and could not exist without each other—there would be no light without dark, hot without cold, up without down, love without fear. Opposites attract and like most balanced forces, these two essential principles apply to relationships.



Take a Breather

While yin refers to feminine energy and yang defines masculine energy, this is not the same thing as saying yin is female and yang is male. People carry aspects of the full spectrum within them, and through love and sexuality, they get to share these different elements with a partner.

Yin and Yang Traits

The following are traits associated with yin and yang:

Yin Traits

- * Passive
- * Slow
- * Relaxed
- * Quiet
- * Emotional
- * Nurturing
- * Sensitive
- * Vulnerable
- * Compassionate
- * Receptive

Yang Traits

- * Aggressive
- * Fast
- * Energetic
- * Loud
- * Physical
- * Controlling
- * Strong
- * Motivating
- * Confident
- * Protective

The different positions offered by the *Kama Sutra* allow many opportunities to switch up the yin and yang roles, an experience that can create unexpected responses. For example, a man who is accustomed to being in control may find pleasure in seeing his partner take the lead sexually, while a woman who is used to being more demure in her daily life may find an energetic rush in embracing a more dominant role in the bedroom.

Blending Yin and Yang Energies

In sexuality, it is equally important for each partner to blend their yin and yang energies to create maximum sexual satisfaction for their partner and themselves.

The following are considered yin activities:

- * Tender kissing
- * Eye gazing
- * Synchronized breathing
- * Sensual massage
- * Bathing
- * Erotic talk

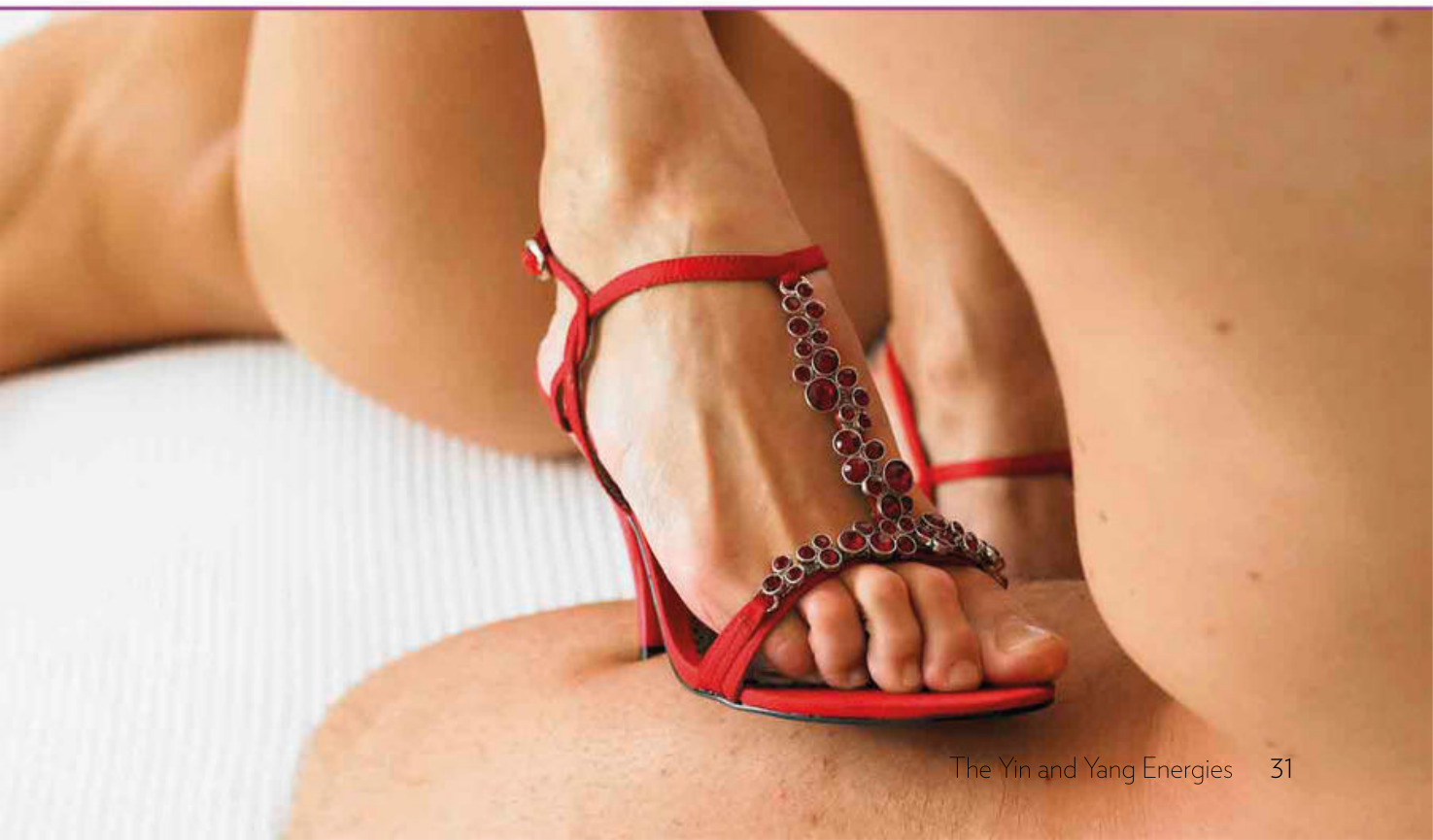
The following are considered yang activities:

- * Deep kissing
- * Oral sex
- * G-spot and prostate stimulation
- * Sexual massage
- * Sexual intercourse
- * Anal sex

For the most fulfilling sexual experience, you need to alternate yin and yang activities, such as tender kissing with deep kissing, eye gazing with oral sex, or erotic talk with sexual intercourse.

Love Bites

Any new exploration that includes the kind of vulnerability necessary to fully engage in something like the *Kama Sutra* also creates an opportunity for an unexpected emotional response. Don't be surprised to discover laughter bubbling to the surface during orgasm or even tears falling from your eyes during G-spot stimulation. The safer the environment you create with your partner, the more comfortable you will be to freely express whatever happens.



Sexual Compatibility

In the Western world “sexual compatibility” is simply thought of as finding a partner with whom you connect sexually—the partner likes what you like, and the sex is easy and fun.

The *Kama Sutra* takes it further and more literally by defining sexual compatibility in three ways: size, passion, and timing.

Size

By “size,” I’m talking about how well your pieces (the sexual organs of the lingam and the yoni) fit.

Men are divided into three classes, based on the size of the lingam:

- * **Hare:** Small; less than 5 inches (12.75 cm) when fully erect
- * **Bull:** Medium; under 7 inches (17.75 cm) when fully erect
- * **Horse:** Large; up to 10 inches (25.5 cm) when fully erect

Women are also divided into three classes, this time based on the depth of the yoni:

- * **Deer:** Small; 5 inches (12.75 cm) deep or less
- * **Mare:** Medium; up to 7 inches (17.75 cm) deep
- * **Elephant:** Large; more than 7 inches (17.75 cm) deep

Within this division, there are three equal unions: the hare with the deer, the bull with the mare, and the horse with the elephant. Any combinations outside of these are considered unequal unions. The *Kama Sutra* defines these imbalances as follows:

- * **Low congress:** The lingam is one size smaller than the yoni.
- * **Lowest congress:** The lingam is two sizes smaller than the yoni.
- * **High congress:** The lingam is one size larger than the yoni.
- * **Highest congress:** The lingam is two sizes larger than the yoni.

Love Bites

It’s interesting to note that the *Kama Sutra* defines a successful congress (sexual act) as being one that brings the woman as much pleasure as the man: “By union with men the lust, desire, or passion of women is satisfied, and the pleasure derived from the consciousness of it is called their satisfaction.” This is hundreds of years before female sexuality was fully understood, proving men of the time realized that the highest honor of sexual satisfaction was as much about giving pleasure as getting it.



Love Bites

Unequal unions don't necessarily indicate a lack of compatibility; it simply indicates that some of the *Kama Sutra* positions might prove more difficult or less pleasurable to these couples. These challenges can be easily met with simple adjustments and only require partner communication regarding comfort and preference.

Passion

In the discussion of passion, the *Kama Sutra* divides this into the three levels for both sexes. These levels are defined by how much passion is brought to the sexual act, with “small” and “intense” being at opposite ends of the spectrum and “middling” being the more fluid area in between:

- * **Small:** When the desire for sexual union is not great and the male semen is minimal or the female's yoni remains dry.
- * **Middling:** When sexual desire comes easily, if not exactly wildly passionate, and the male semen is average or the yoni becomes wet easily.
- * **Intense:** When desire is at its most passionate and the male has an abundance of semen or the female's yoni is quite moist.

Time

The final element in *Kama Sutra* compatibility is time, which measures stamina. The three types are labeled short-timed, moderate-timed, and long-timed. Couples who have similar sexual stamina are considered more ideally matched, since their pleasure arches are more closely connected.

These elements of compatibility are foundational and by no means indicate that lovers who aren't perfectly matched can't be perfect lovers. Being a great lover means being a great communicator and an empathetic partner. After all, you don't prove your greatness by what comes easy; you show it by how you face the challenges.

The Sensuality of the Senses

Sex is obviously a physical act that is deeply associated with the sense of touch, but all of the other senses are equally important to creating a fantastic sexual connection. Known as the “consciousness of pleasure” in the *Kama Sutra*, the important ingredients of the senses haven’t changed since then. Taste, sounds, sight, and smell can enhance or decrease enjoyment just as much as painful or pleasurable physical sensations, so it’s key to pay attention to the full sensory experience.



Touch

The most obvious sexual sense can also be the easiest to overlook, because the focus is usually directed to a few key areas: the lips, the breasts, and the genitals. You have a whole bodyscape to explore that can drive additional pleasure to the usual hot spots. You will learn about erogenous zones a little later, but making it a conscious decision to give your partner the full-body treatment may lead to the discovery of secret keys that unlock earth-shattering pleasure.



Sight

For many people, and especially men, the fires of desire are ignited through visual stimulation. Watching a partner perform oral sex, seeing the lust build on a lover’s face as new sensations rush through a tingling body, looking down to watch the back-and-forth motions of penetration—all of these things can be an extreme turn-on. Even in silence, eye contact can be communication enough. The eyes, the biting of a lip, the curving of a back, the hardening of the nipples, and the goosebumps that appear on the arms can be the only road signs you need to know to keep on driving.



Sound

The power of erotic sounds is exemplified in the extreme popularity of phone sex; simply hearing someone experience orgasmic pleasure senses can lead to explosive and satisfying climaxes. When combined with all the other senses, a simple sigh, grunt, moan, or “yes” can be the final trigger to set off the fireworks over the bed.



Taste

Salty sweat; a sugary kiss; the bittersweet juices. The tongue holds the key to a multitude of sexual surprises. Strongly connected to the sense of smell, taste offers a variety of ways to enhance pleasure. Sharing juicy foods, experimenting with flavored body oils, and exploring your partner’s pleasure centers with your tongue as much as your fingers are phenomenal ways to learn about your lover.



Smell

Smell is the strongest, most primal sense. It is in the secret body chemicals known as pheromones that the strongest attractions are built. This is why many women enjoy sleeping in their boyfriend’s shirts when they are apart. Knowing what scents your partner enjoys can be a key to building, maintaining, and reigniting passion. You’ve likely heard the saying that the way to a man’s heart is through his stomach but, in reality, if he loves the smell of the kitchen, he won’t be going anywhere soon.

Seductive Snacks

(Aphrodisiacs and Sensual Foods)

The *Kama Sutra* is famous for unique aphrodisiacs that were thought to have powers of seduction, as well as to enlarge the lingam and perfume the yoni. With unusual concoctions of soaked sparrow eggs, the testicle of a goat, bones of hawks, and even drops of red arsenic, you can imagine how challenging it must have been to prepare seductive snacks and love foods.

However, there are some aphrodisiacs in the *Kama Sutra* that are still considered powerful today, and with the help of scientists, there is enough research to back them up.

Because food and sex are two of the greatest pleasures known to mankind, why not fulfill both appetites with some seductive snacks for the senses with your lover to enhance your sexual experience?



Foods That Can Spice Up Your Sex Life

Many fruits and vegetables become known as aphrodisiacs simply because their shapes were designed by nature as a clue to their use, such as the following:

Male Foods Designed by Nature

- * Leeks
- * Celery
- * Carrots
- * Asparagus
- * Cucumbers
- * Eels

Female Foods Designed by Nature

- * Figs
- * Kiwi
- * Peaches
- * Mussels
- * Passion fruit
- * Clams

Love Bites

Licorice was said to enhance sexual vigor according to the *Kama Sutra*, and indeed it does; for women, it gets the blood flow to the female genitals 40 percent faster than any other food.

Given the health benefits of many of these sensual foods, what you interpret as enhanced sexual desire could also simply be a spike in the health benefits that ignite the pleasure centers in the brain, such as with the following:

- * Pumpkin seeds help raise testosterone levels and are the top contender to increase penile blood flow an average of 40 percent faster than any other food.
- * Strawberries are full of vitamin C, which aids blood flow to all parts of the body.
- * Watermelon has been dubbed “nature’s Viagra,” as it relaxes the blood vessels and increases circulation.
- * Dark chocolate can cause a boost in dopamine, the neurotransmitter at the center of the brain’s pleasure center. It also includes a plant substance called *phytosterol* that mimics human sex hormones.
- * Oysters are high in zinc (which is an essential mineral for men’s sperm production) and contain amino acids that trigger the sex hormones.

Some seductive snacks carry erotic undertones simply because they come with elements people associate with sexiness. Consider using these the next time you’re with your partner:

- * Bananas are an obvious phallic symbol. Ladies, you can use the naughty shape as a tool for seduction by peeling and devouring a banana as you would his lingam.
- * The juiciness of mangoes is a seductive turn-on. A great way to use a mango is to open a ripe one, put it on your lover’s body, and eat it off.
- * The sticky sweetness of honey is an ancient aphrodisiac that got its name from “honeymoon,” as there was a beverage made from honey which was given to the new bride and groom to ensure they were in their sexual peak. Hide a dab of honey on your body and then blindfold your lover, who has to find it by licking your body.
- * The warmth of a chili pepper gets the face flushing, heart pumping, pores sweating, and blood flowing toward the genitals. Just sprinkle some on a piece of cheese or vegetables as you feed each other seductively.
- * The peeling away of layers to reach the succulent artichoke heart is a fun act with your partner. You can even make a wish as you suck on each leaf.



Love Bites

Throw together a seductive picnic in bed as a surprise for your partner on a morning neither of you has plans. It doesn't have to be extravagant—just a fun excuse to stay under the covers for a bit longer. A big bowl of grapes and a couple of mimosas (orange juice mixed with champagne, sweet white wine, or ginger ale) might be enough to help you work up a healthy lunch appetite!

Improving Your “Taste”

There are many studies that show how eating habits can have both a positive and negative effect on the taste of semen and vaginal juices. If you want to improve the taste of your love nectar, there are certain things you should and should not have.

Say “yes” to these foods, as they can make you smell and taste sweet:

Plums	Cranberry juice	Red grapes
Pineapple	Watermelon	Lots of water
Apples	Strawberries	

Say “no” to these foods, because they can give you bad breath and make your body smell bitter:

Broccoli	Asparagus	Dairy
Coffee	Onions	Red meat
Cigarettes	Garlic	

Psychological Aphrodisiacs

There is definitely a psychological aspect to many aphrodisiacs. Foods that bring back sexy memories can be a big turn-on given the erotic association they have in the subconscious mind. While “comfort foods” have a relaxing effect on the nervous system, foods associated with sensual memories are stimulating and can send signals of arousal throughout the body, including the genitals.

Here are some ideas for creating psychological aphrodisiacs for your partner:

- * **Cook with love.** When you cook with loving intention, it heightens the emotional connection to the meal, something your partner will feel as much as you do. Think about your partner sexually as you cook. Imagine this meal will fill your partner with lust and desire—and don’t be surprised when it works!
- * **Cook together.** The intimacy available in the kitchen is often overlooked. When you and your partner try out a new recipe together, it creates closeness as you work through it as a team. You can talk and laugh while feeding each other freshly cut fruits and vegetables. Subconsciously, your brain will associate what you are eating with the sensual feelings of the shared preparation with your partner.
- * **Experiment with spices.** There are a great many spices that can be explored in order to bring a new twist to an average meal. Smell different spices with your partner and talk about what you like and why. If you can find positive memories associated with a spice, it will fill you with comfort and sensuality every time you smell it, even if you don’t realize it.
- * **Make a meal an event.** So often, people eat while their focus is elsewhere, such as fast food while driving, pizza in front of the television, or a holiday spread while talking and celebrating with family and friends. If you share a meal with your partner with the intention of focusing on the foods and flavors, your full sensory attention is on the experience, and the foundation for sensory memories of the meal is set.



Erotic Massage

In the *Kama Sutra*, massage was considered important for spiritual, health, and healing purposes. There are many erotic touching techniques you can draw from it to expand your sexual horizons.

Giving your partner an erotic massage is a fantastic way to take them on the journey from relaxation to arousal while learning about the body's various pleasure points. While intercourse is usually about mutual satisfaction, massage puts the full attention on one partner.

The benefits of erotic massage are many, including reducing cortisol (the stress hormone), boosting oxytocin (the bonding hormone), improving blood circulation to the sexual organs, moving energy around the body, and helping you and your partner gain more trust and intimacy. Plus, the experience can be mutually arousing and satisfying.

Before You Begin

Using just your hands or your body is good in a pinch for an erotic massage. However, it's always nice to have a few things handy to enhance the experience, such as the following:

- ✧ Warm towels
- ✧ Oils, lotions, or lubricants with a pump top, slightly heated
- ✧ A bottle of water, perhaps with a straw for your partner to sip
- ✧ Tactile toys, such as feathers
- ✧ Sex toys

While a good foot massage or neck rub is always welcome with little fanfare needed, an erotic massage should be treated like a special ritual. Here are some things you can do to put you and your partner in the mood:

- ✧ Dim the lights.
- ✧ Light some candles or incense.
- ✧ Play some relaxing or sensual music.
- ✧ Heat the room higher than normal.
- ✧ Pull a blanket or sheet from the dryer moments before you begin to create a warm resting place.

The goal is to be fully present, attentive, and gentle.

Hands-Free Massages

Many think erotic massages have to involve the hands, but you can massage your partner in other ways. For example, you can create erotic sensations all over your lover's body by just using your hot breath with an open mouth, followed by your cool breath with a pursed mouth.

Another erotic hands-free massage technique is to use your hair to lightly tickle and caress your lover from head to toe, with special emphasis between the thighs on the front and backside. If you don't have long hair, you can create the same sensuality by using a feather or even different types of textures, such as silk, satin, or lace.

For the ultimate erotic massage, cover your body in massage oil and then get on top of your partner, being careful not to put all of your weight on top. Use different parts of your body to massage your partner, such as your chin, shoulder, elbows, nipples, butt, and any other part of your body except for your hands. You can then slide up and down and from side to side using your genitals to massage your lover, being sure to ask for feedback to make sure it's enjoyable.

Take a Breather

Because erotic massage leads to genital play, only use water-based lubricants when massaging women. Many oils and lotions can cause irritation if they get inside the yoni.

Massages Using Your Hands

While hands-free massages are unique, a hands-on massage is still a great way to get your partner—and you—in the mood. To start, have your partner lie face down. Beginning with the backside helps your partner relax as the journey begins toward erotic awakening. Take a few moments to steady your breathing with a few deep breaths, so you're both in a tranquil state.

Once you and your partner are ready, pour a small amount of oil or lotion into your hands and rub them together to create a bit of heat. Start at the lower back and slide your hands up to your partner's shoulders and neck. This sends a rush of blood to the head, igniting a multitude of pleasurable endorphins and creating a tingling sensation through the entire body. Sliding your hands back down to the tailbone sends an electrical current into your partner's genitals and creates a series of fireworks all the way to the toes.

Now begin the full exploration of your partner's backside. Do your best to never remove both hands completely from your partner while you add oil as needed. (This is why a pump-top oil bottle works best—you only need one hand to get more.) You can vary your touch from feather-light finger drags up the spine to kneading the buttocks with your palms. Be sure to pay equal attention to both sides of the body as you slowly move from the shoulders to the tips of the toes, leaving no area untouched.

When you're ready to have your partner turn over, assist in the transition, as the massage so far could leave your partner relaxed to the point of dizziness. With fresh, warm oil on your hands, place them just above the pubic bone and slide them up your partner's stomach, over the chest, and to the neck and shoulders. This sends a fresh round of endorphins racing to the brain.

As you begin to move down the front side, you can begin more-erotic stimulation by pausing to give special attention to the breasts and nipples. In general, female breasts require more sensitivity, while a man's chest can handle a firmer touch. Both men and women can have highly sensitive nipples, so be aware of your partner's reaction to your touch and ask for feedback on proper pressure.

For a nipple massage that can be arousing for both men and women, take each nipple in between your thumb and index finger and gently massage them in a rotating motion, first clockwise and then counterclockwise, using plenty of massage oil. After about five minutes, place your hands gently over each nipple and roll it in the palm of your hands. Then, using your thumb and third finger, gently pull up on the nipples so you are elongating them slightly. Do one nipple at a time and squeeze your fingers together so you can stroke it as you would a lingam, up and down slowly and then more rapidly.

As you continue moving south on your partner's body, work your way around the sexual organs and move toward the feet. You may give your partner a slight indication of what is to come by rubbing your finger along the center of the genitals; however, the key is to build toward a climatic finish—you don't want to pop the cork before you've fully explored the bottle.

The area of the brain that distinguishes pleasure in the feet is right next to the area of the brain that stimulates pleasure in the genitals. This makes the feet the perfect place to end before you make the final voyage up the legs, over the thighs, and to the center of the sexual universe.

For a female partner, when massaging the yoni, start with the vulva (the visible area outside the vagina). Run your fingers around her vaginal lips and along the “landing strip” leading to her anus before you slide your hands back up to concentrate attention on the clitoris and other vaginal exploration to lead her to orgasm. Pay close attention to her reactions and ask for feedback as you guide her toward the edge.

For a male partner’s lingam massage, use plenty of oil to spread over the penis and testicles. You can use one or both hands and a variety of hand motions—from soft to aggressive—as you pull him to ecstasy.

For an erotic prostate massage, you need to have latex gloves or finger cots and plenty of lubricant, as the prostate is accessible through the man’s anus. If you have long fingernails, you can also put some cotton balls into the ends of the latex gloves or finger cots. Begin by inserting a lubricated covered finger in a “come hither” motion (similar to G-spot exploration) and feel for a walnut-sized lump 2 to 3 inches (5 to 7.5 cm) inside. Once you have found the prostate, you can massage it by rubbing against it back and forth in waving motions on all four sides, rather than placing direct pressure on top of it.

Love Bites

Some women are able to have nipple orgasms without any genital touching whatsoever. In fact, researchers have discovered that nipple stimulation activates the genital sensory cortex, the same part of the brain region that clitoris and vaginal stimulation are located.



Blindfolds

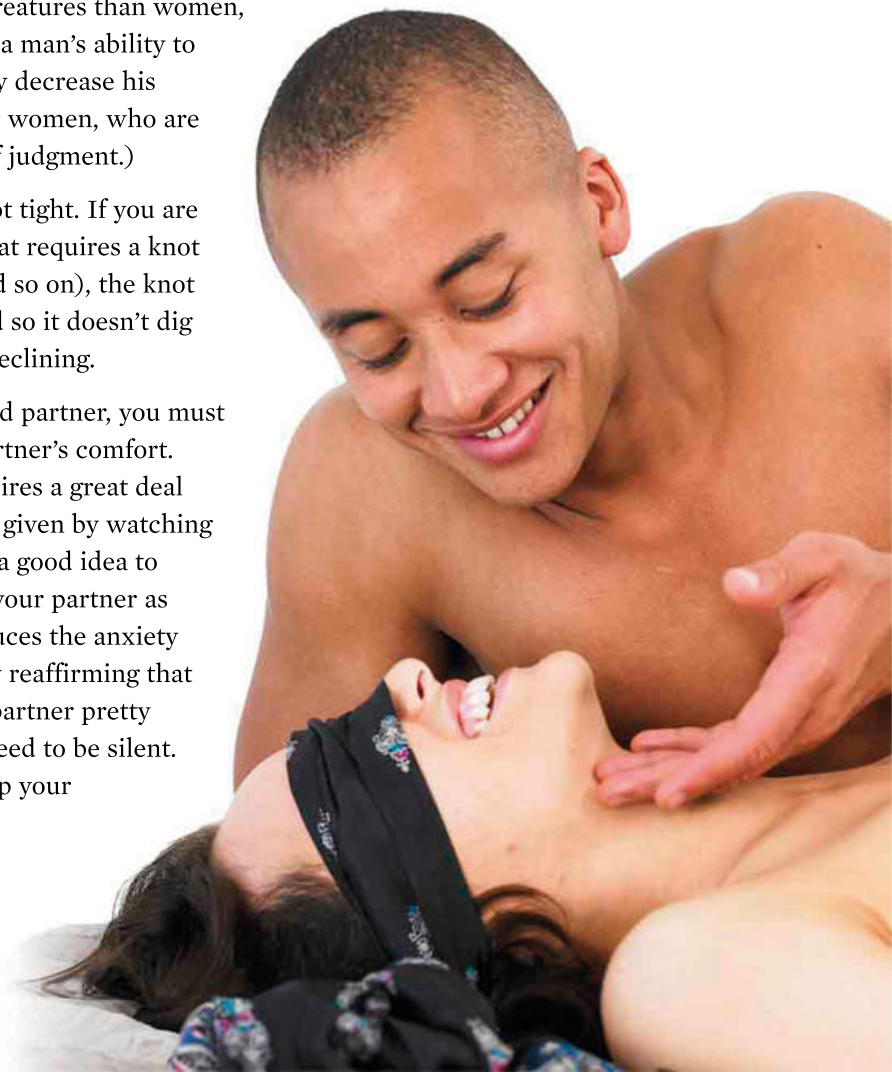
Though the time in history when the *Kama Sutra* was written may seem quite rigid, it was, in fact, also quite playful. In the chapter on courtship, Vātsyāyana states, “When a boy has thus begun to woo the girl he loves, he should spend his time with her and amuse her with various games.”

One sensual game that a couple can explore together involves taking turns blindfolding each other. Removing any one sense heightens the power of the remaining senses. Much of people’s perceptive reality is based on what they see. By taking away the sense of sight with a blindfold, your body becomes the way you “see” what is going on, and your awareness of a single touch becomes extraordinary.

Should You Use a Blindfold?

While blindfold play can seem incredibly sexy, there are a few things to keep in mind as you and your partner consider this:

- ✦ Men are generally more visual creatures than women, so it is possible that taking away a man’s ability to see what is going on may actually decrease his arousal. (The opposite is true for women, who are highly sensitive to visual clues of judgment.)
- ✦ Blindfolds should be snug but not tight. If you are using an improvised blindfold that requires a knot (a neck tie, a scarf, stockings, and so on), the knot should be on the side of the head so it doesn’t dig into the back of the head when reclining.
- ✦ As the one seducing a blindfolded partner, you must be extremely mindful of your partner’s comfort. Giving up the sense of sight requires a great deal of trust, so respect what is being given by watching for signs of unease or stress. It’s a good idea to try to keep at least one hand on your partner as much as possible, because it reduces the anxiety of not knowing where you are by reaffirming that you are close. Also, talk to your partner pretty consistently, unless you both agreed to be silent. Hearing your voice will help keep your partner at ease.





Love Bites

Using a blindfold on your lover can help release your sexual inhibitions. You might find that you feel so bold and liberated when your partner can't see you that you might talk dirtier than usual or pleasure erogenous zones that you thought were taboo, like the rosebud, to supercharge the sexual experience.

A Blindfold Game

Here's one possible scenario to get you started with blindfold play:

1. Sit on the bed across from your lover and talk about the game of blindfolding. Discuss ideas, limitations, and concerns. This is most definitely a game of trust, so make sure both partners are comfortable with playing along.
2. Place a gentle kiss on your partner and express gratitude of the love and trust before carefully placing the blindfold over the eyes.
3. Share a couple of sensual foods with your partner. With your partner's sense of sight removed, the sense of taste is heightened. Ask your partner to describe the flavors and sensations of the food. Strawberries, mangoes, and peaches are good choices, as are various chocolates.
4. Have your partner relax back on the bed and slowly caress the body with different items, asking your partner to guess what they are, such as a feather, leather strap, rubber sex toy, or silk tie.
5. Kneel next to your partner and lean over for a kiss where you only touch your lips to your partner's. Carefully make your way across and down the body by only touching your partner's skin with your lips.
6. Move into a comfortable *Kama Sutra* position that allows your partner to be fully supported, such as Samputa (The Clasping Supine) or Tila-Tandulaka (The Sesame Seed with Rice). The tease of the blindfold play so far, combined with the heightened sense of touch, will make the sensations of penetration and lovemaking multiply in intensity.



Erotic Talk

Today, people have a myriad of words for the sexual organs and activities compared to the *Kama Sutra*. However, what's similar to then is how lovers talk in the bedroom. The intimacy of lovemaking makes it the perfect opportunity to vocalize needs, wants, and desires. Most people touch their lover how they want to be touched themselves; it's only through hearing their partner express in words what they want that they learn how to best stimulate their partner.

What Makes It Fun

Erotic talk is also a great way to heighten sexual pleasure, because it allows for a freedom in vocabulary that is otherwise considered “dirty” or taboo. This can be an especially effective way to hyperstimulate a man.

While women were considered the more demure sex in the *Kama Sutra*, it can be an extraordinary turn-on today for a male partner to hear his lover unleash her inner porn star in the bedroom. If she is usually quiet and reserved during the day but unleashes sexually explicit thoughts from her lips as they make love behind closed doors, it adds to her mystery and keeps a man guessing as to who she really is. The woman he thought was a librarian turns out to be hiding a steamy vixen behind her gentle smile. For a woman, it can be equally empowering to release her inhibitions through erotic talk.

Should You Use It?

Before you take it to the bedroom, though, you should have a candid conversation with your partner about the comfort level each of you have for erotic talk. While it's an enhancer for many, it can be a mood-breaker for others. It's a fine line between being racy and being offensive, so approach it carefully.

When discussing the topic of incorporating erotic talk into your lovemaking, ask your partner what words are off-limits. It's about the least sexy thing to discuss the boundaries of sex talk, but it's important to make sure the intimate moments are not ruined by being unintentionally offensive. If need be, make a list of all the dirty words you can imagine and then go through them together to see what is a turn-off to each of you.

If you do decide to use erotic talk, ease into it. Agreeing to incorporate erotic talk into your sex life shouldn't be construed as permission to launch into it the moment you begin any kind of foreplay. Start with tamer but still titillating words and phrases. You can also simply compliment your partner—regardless of someone's comfort level with X-rated language, everyone likes to hear that they're beautiful, fantastic, sexy, and loveable. Some examples of erotic talk are the following:

* "I love the way you look, feel, and taste."

* "You turn me on so much."

* "Our lovemaking is the best."

* "I love being inside of you./I love you being inside of me."

Remember, it's always about lust and intention. All the erotic talk you can imagine can't compete with hearing your lover whisper "yes" against your ear at just the right moment.





The Scent of Seduction

The importance of smell is referenced repeatedly throughout the *Kama Sutra*. Not only is the importance of smelling clean with fresh breath discussed, but so is the seductive power of flowers, oils, ointments, and fragrant foods. The power of smell remains just as strong and important today. Smell is the most primal sense, and people have more emotional memories connected to aromas than anything else.

Sensual Aromas

Like all humans, you have pheromones that are designed by nature to ensure you attract a biologically suitable mate. They are produced in your sweat glands—attached to hair follicles found on your head, underarms, and genitals—and released into the air from your skin. So, obviously, you are with your lover because you both like the way each other smells.

However, there are other aromas that you and your lover may find stimulating that you can add for seduction to heighten your sexual experience:

Erotic Aromas for Men

- * Cinnamon
- * Doughnuts
- * Popcorn
- * Vanilla
- * Pumpkin pie
- * Almond

Erotic Aromas for Women

- * Chocolate
- * Melon
- * Oranges
- * Rose
- * Bread
- * Ginger

Scents that can boost eroticism for both sexes include clary sage, peppermint, jasmine, lavender, and basil, as they work on both the psychological and physical level of the mind and body.



Take a Breather

Make sure whatever scent you decide on is equally pleasing to both you and your partner. Given the emotional connections people can carry with certain smells subconsciously, what may incite great pleasure in your mind may bring up feelings of anger, resentment, or dissatisfaction in your partner—the last thing you want when trying to set the stage for love!

Soaking In the Love

A very sexy way to enjoy these seductive scents is in a bubble bath with some oil or good-smelling bubbles. Many bath oils contain one or more of the ingredients I've told you about, making for a great excuse to fill up the tub and soak away the troubles of the day with your partner before bed.

Because many of the scents are very floral in nature, which can be a turn-off to men in particular, be sure to share the selection process with your partner. You and your partner should both enjoy soaking in the perfume of the scent for several minutes.

When you're ready, turn on some soothing music and light a few candles before peeling off the clothes (and troubles) of the day and submerging in the warmth together.

As you settle into the warm water together, talk about the smells from the candles, soap, and bath oils. As you discuss the positive thoughts and memories these scents bring to mind while gently touching your partner's warm, naked, wet body, you will intensify the seductive power of these smells in the future. Subconsciously, your mind will associate the smell of mint, jasmine, or whatever blend of smells surround you in the tub with the intimate feel of your lover's nakedness.

You can also take turns washing each other's hair. Lean close to smell your partner's intensely clean skin as you massage the shampoo into the scalp, taking in the various scents in the shampoo and trying to identify specific smells (such as apple, rose, or vanilla). As you focus on the details of the smell, you will heighten your sense of awareness, bringing your mind more fully into the moment.

Finally, lather up a cloth with soap and massage away the day from your partner's body. Gently scrub the back and arms, running the soapy cloth over your partner's neck and down the chest to the belly and groin. As you help your partner rinse off, be prepared for the moans, sighs, and grasps of sensual gratitude.



Understanding the Male Body and Orgasm

The general perception of male sexuality is that men are always ready, willing, and able to perform—simple to arouse, easy to please, and fast to finish. The other misconception is that the focus for men during sex is on having their lingam stimulated manually, orally, or vaginally.

While these clichés may ring true for many men, a majority are much more emotionally and sexually complicated than the stereotypical sex machine. Men share the same number of full-body pleasure points as women and enjoy having other areas of their body massaged, caressed, and licked just as much as women.

Let's take a look at some ways men can be pleased and how to tell the difference between orgasm and ejaculation.



Areas to Explore

Men can be turned on by more than touches to the lingam. Here are some other places that are sensitive and aroused by touch:

His neck: A lot of people carry stress in their necks, so the slightest massage or kiss here will send shivers of pleasure and relaxation throughout his body.

His feet: At the opposite end of a man's body is another area often ignored that can unlock extraordinary pleasure—the feet. Massaging his feet with warm oils or sweet kisses will electrify everything between his toes and brain.

His perineum: The area between a man's testicles and anus is often ignored but is one of the most significant pleasure centers on the male body. It can oftentimes be easily reached during other sexual activities, such as oral play and many sexual positions, so don't ignore this area!

Visual, Variety, and Va-Va-Voom

For men to experience the most sexual pleasure, they must experience three things: visual, variety, and va-va-voom.

Visual: For a man, what he sees is almost as erotic as what he gets, so give him plenty of eye-candy. Whether it's wearing sexy lingerie, doing a slow striptease, masturbating in front of him, or making love in front of a mirror, he will want to watch.

Variety: Spontaneous quickies reinforce you are hot for your man and give him the variety he craves, so sex doesn't become predictable. You can surprise him at lunchtime or do it in the morning in the shower or even in the car once it's in the garage to keep him sexually satisfied.

Va-va-voom: Every man wants sex to have an element of va-va-voom. Whether it's slightly kinky with blindfolds and restraints, naughty with some dirty talk, or risky by having sex in a public place, he wants it to be memorable.

Love Bites

The *Kama Sutra* was obsessed with the size of the man's penis and offered recipes to make it bigger, stronger, and last longer, such as concoctions of bulbs, roots, and fruits that have the form of the lingam. The fact that men identified their sexual prowess by their penis size is not an uncommon notion today, as men are still obsessed with the idea that bigger is better.

The Difference Between Orgasm and Ejaculation

Most people assume that male orgasm and ejaculation are all part of the same experience, but they are actually separate. Learning how to control this separation can help men achieve a higher sense of sexual satisfaction, even to the point of learning to have multiple orgasms. The key is in understanding that having several orgasms in a row is not the same thing as ejaculating several times.

Ejaculation is the final act for penile stimulation. Semen is released and all of the neurotransmitters in the body go into recovery mode, oftentimes creating a sense of sleepiness so the body can rejuvenate.

The orgasm happens between two and seven seconds before ejaculation and is recognized by the heightened full-body sensitivity, quickening of breath, and rush of stimulants to the scrotum and penis. If in this moment, the man takes pause and squeezes his PC muscles (the same muscles used when clenching the bladder), he can ride the wave of his orgasm without reaching the point of no return that happens with ejaculation.

Take a Breather

Men can sometimes have what's called *delayed orgasm*, when ejaculation is reached but without the accompanying sensations of orgasm. It is the most-common male sexual disorder after impotence, erectile dysfunction, and premature ejaculation. The treatment for delayed orgasm is a period of sex being off-limits, followed by sex where the woman works the man's penis for however long is necessary for him to achieve orgasm. Finally, the woman can work on lowering herself onto him shortly before he climaxes.



With practice, this can be done with much ease and creates a fantastic experience for both partners. The following are a couple ways for men to achieve longer orgasms:

Lingam Exercise

1. The man should place a light scarf, handkerchief, or tissue on his erect lingam and then raise it up and down like a weight for as long as he can.
2. He next places a hand towel over the base of his lingam and uses his PC muscles to lift it.
3. He then moves the hand towel to the head of the lingam and raises it up and down as many times as he can.
4. He should squeeze the PC muscle three times a day with 20 repetitions, striving for 100 repetitions.

Nine Steps to Orgasm Without Ejaculation

1. While he lies on his back, begin a genital caress with your hands or mouth.
2. The man does a series of low-level pleasuring peaks on the pleasure scale of 0 to 10, with 10 being orgasm. He should give you feedback so you know when to slow down or intensify your caresses.
3. Switch positions so you're now lying on your back with your legs in the air and slightly bent. In the missionary position, he should reach a series of peaks while having Maithuna/intercourse.
4. The man starts with slow penetration and peaks up to a level 5 on the pleasure scale before backing off by squeezing his PC muscles.
5. He should next peak to level 6 and back off by squeezing his PC muscles. He then slows down his breathing and opens his eyes before releasing sexual energy through his throat chakra.
6. He repeats the previous steps to get to level 7, and then level 8, and finally level 9.
7. The man thrusts all the way up to just before the point of no return at level 9.5.
8. Both of you stop moving while he squeezes his PC muscles as hard as he can. This is the time for both of you to synchronize your breathing, open your eyes, and focus on each other with the intention to prolong lovemaking.
9. If he stopped thrusting in time, he will have experienced an orgasm without ejaculation.

The Power of the Prostate

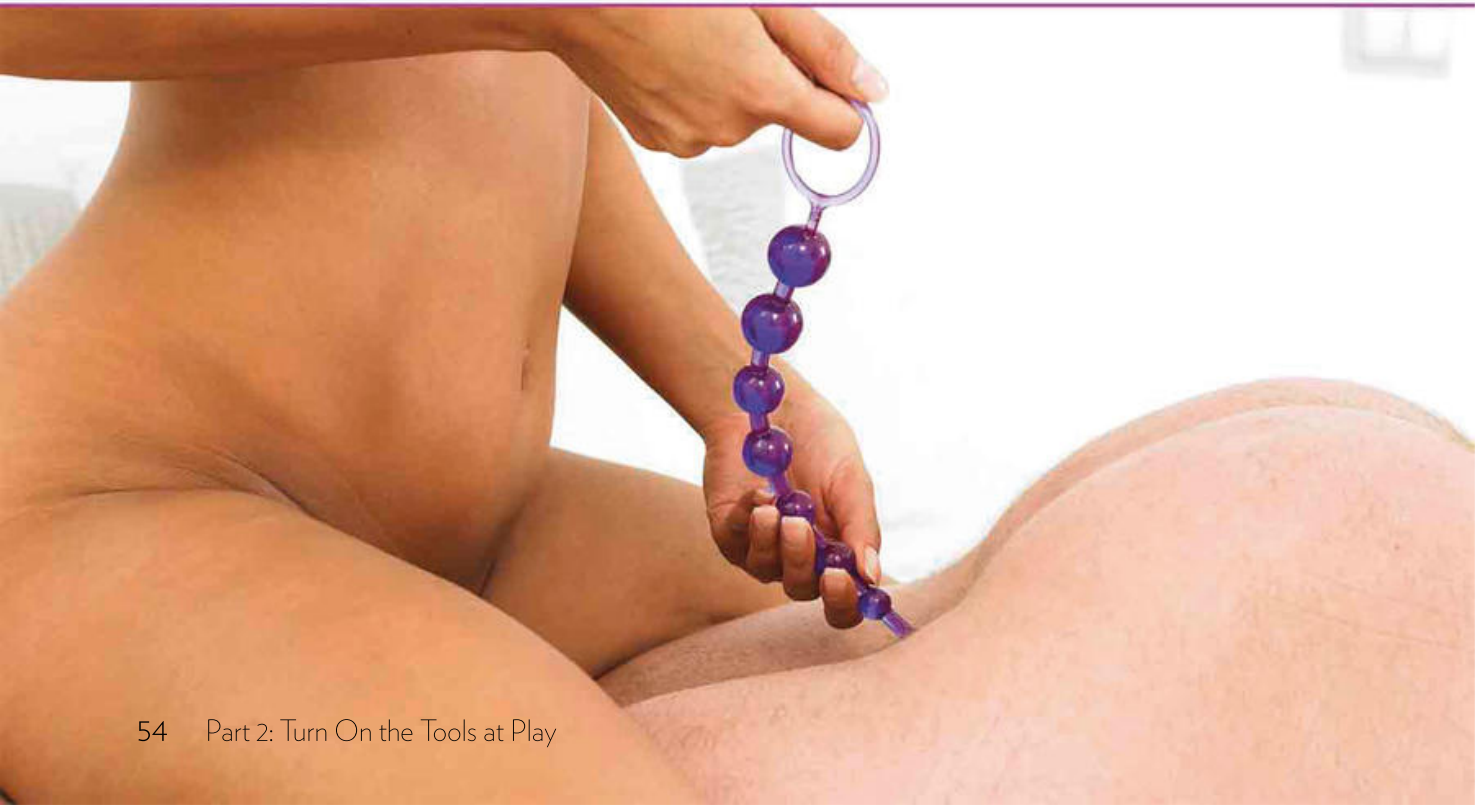
Milking a man's prostate is an ancient art handed down from the *Kama Sutra* and Tantric sex. Their wisdom has elevated perspective on sexual health and pleasure in today's society as more men explore prostate play. With the intention to keep the blood circulating, release seminal fluid for pleasure, and help with the prevention of prostate cancer, prostate pleasure remains a healthy embodiment for men and couples.

How Can It Be Stimulated?

The prostate is the equivalent of the male G-spot, a highly sensitive area in the body that can cause extreme satisfaction when stimulated correctly.

It is possible to massage the prostate from the outside of the body by locating the indentation found along the perineum between the scrotum and anus. Applying gentle pressure to this area can cause the lingam to further swell and send waves of sexual sensations to all areas of the body. Reaching for this hot spot is a great way to add a final “hyper burst” of pleasure as the man reaches orgasm and ejaculation.

The more-direct way to stimulate the prostate is through the anus with a finger or toy. It takes a sexually confident male partner to be open (literally) to this kind of exploration, but for those brave enough to go for it, the experience can be mind-blowing.



Take a Breather

As with any sexual act, levels of pleasure and response vary widely between individuals. This is a highly vulnerable activity for many men not used to such stimulation, so be especially conscious of any signals of discomfort.

Love Bites

Breathing is an essential part of prostate play, as breath is one of the great natural relaxants for the body and opens the sphincter muscles in the anus.

Exploring the Prostate

The easiest position for prostate exploration is with the man lying back comfortably with his knees raised. This allows for easy eye contact and communication, as well as having access to massage his lingam for additional pleasure.

Carefully slide a well-lubricated finger, palm up, into the anus and feel against the roof of the anal canal, behind the perineum, for a small knot. For some men, this will be found as shallow as one knuckle, while for others, it is deeper inside. Once found, gently rub or tap the prostate, either with or without simultaneously milking the lingam.

Many couples have a preference on the finger used for insertion—whether it's the pinky, index, or thumb—while some enjoy multiple fingers. Whatever the case, it is helpful to use your finger to provide stimulation and pressure to put the anus at ease. Circular motions around the anus and placing pressure with your fingertips can be most welcoming.

Once the finger is inside, the options are endless on how you can pleasure the prostate. For example, you can place pressure on the prostate as if you were pressing a doorbell. Some men prefer their partners to cuddle their prostate and put pressure on all the sides of the prostate, while others enjoy using a side-to-side swiping motion similar to windshield wipers on a car to stimulate the prostate. You can also use a come-hither motion to put pressure on the prostate and truly milk it.

Lastly, when penetrating the rectum, make sure to insert in a way that doesn't poke the prostate directly, but rather inserts in a way that comes around the prostate and rubs against it back and forth.

Understanding the Female Body and Orgasm

In the *Kama Sutra*, female orgasm is referred to as “narrowing and contracting the yoni” and “hastening the paroxysm of the woman.” For the most part, women take longer to warm up to sexual pleasure than men. While they can fall anywhere on the spectrum just as much as men can, a majority of women treat sex as something that is just as much emotional and cerebral as it is physical. Plus, being wired with a need to be careful, it can take the female mind longer to relax into feeling safe.

Because they mostly live life less aggressively than the average man, it is also assumed that most women enjoy sex less than their male counterparts, which couldn’t be further from the truth. The problem in the past has been that female pleasure wasn’t given the same respect and consideration as male pleasure. As times have changed, women have begun to discover and embrace their own pleasure—and *both* sexes are benefiting!

The following are some things to keep in mind about women and what turns them on.



Areas to Explore

Women can be turned on by more than touches to the yoni. Here are some other places that are sensitive and aroused by touch:

Her C-spot: The outer edge of the ear is a C-shaped pleasure zone with infinite nerve endings that respond to finger caressing, warm or cool breath, kissing, licking, sucking, and even delicate biting. Tease your lover by moving your tongue and lips gently around the C-spot. For some women, it is an extremely sensitive spot that can result in an “eargasm” during foreplay or while making love.

Her fingers: Fingertips are full of nerve endings and yet a very small surface to cover; quick pecks or long, sensual sucking both work well here. Kissing her fingers can be done in several different styles. For example, when kissing a woman’s fingers, spread her fingers as if you were spreading her legs, and then lick in between each finger like they were the creases of her yoni.

Her tummy: Licking her tummy with wet, open-mouthed kisses can get a woman’s juices flowing. However, some women can be self-conscious of their stomach, so soft and sincere kisses all over can be just as good. Tickling the rim around the navel feels kinky and fun. Vary speeds and strokes to change sensation and top it off with a circle of smooches.

Take a Breather

Women who have never experienced an orgasm may be suffering from gynecological, hormonal, or even neurological disorders. More commonly, they could have a psychological block, such as traumatic past sexual experience, resentment toward her partner, feelings of guilt about sex, low self-esteem or self-worth, or inhibition. A doctor or therapist can help treat these issues.

Secure, Sexy, and Satisfied

For women to experience the most sexual pleasure, they must feel three things: secure, sexy, and satisfied.

Secure: There is obviously physical security to consider, but perhaps even more important is emotional security. Sex puts both partners in a state of vulnerability, but the stakes are often higher for women, who look for a partner to give them a sense of partnership. Knowing the experience includes respect and consideration is very important for women.

Sexy: Feeling desirable is important for both sexes but is a more important element for women than men, who generally find more pleasure feeling powerful. Genuine compliments, using her name, and acknowledging the specific ways she is beautiful (both physically and mentally) help release the pleasure chemicals oxytocin of comfort and estrogen of desire that enhance her enjoyment level.

Satisfied: Because a majority of men have a much shorter sexual arc than women, many times a man will peak just as a woman is beginning to truly enjoy herself. Being mindful and taking the time to give her the pleasure she needs to reach her own highest peak of pleasure first is a sure way to give her the greatest amount of sexual fulfillment.

The Female Orgasm

Female stimulation was misunderstood for a long time. The function of the clitoris specifically remained a mystery until it was discovered that the sole purpose of its existence was to provide female pleasure!

Due to being located on the outside of the vagina, it takes special attention to stimulate the clitoris during penetration. Therefore, women more easily reach orgasm during oral sex than with intercourse.

The experience of the female orgasm is also different than how a man feels it. A woman can have a single rush of pleasure or it can be spread out over several peaks and valleys, sometimes within seconds of each other and sometimes over the course of several minutes.

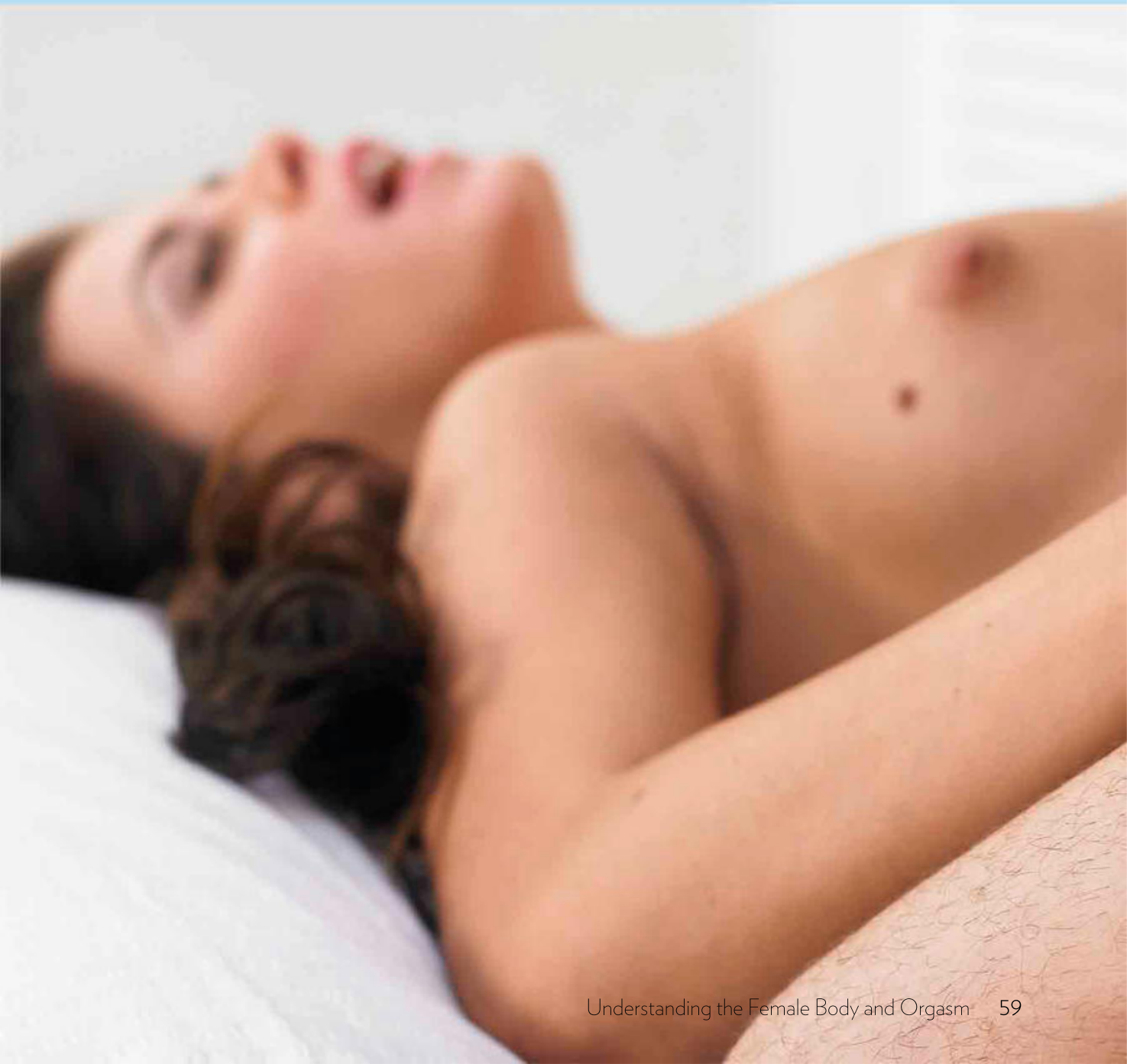
One way women can achieve multiple orgasms is by using the Venus Butterfly Technique. The Venus Butterfly is an ancient Tantric lovemaking technique first practiced in India 3,000 years ago. It allows the female to experience a high peak of ecstasy by having two primary erogenous zones pleased at the same time: the pearl and the G-spot. Here's how it's done:

Ten-Step Venus Butterfly Technique

1. Kiss your lover passionately as you caress her entire body to get her juices flowing.
2. Slowly tease her between her thighs as you make your way toward her yoni with your tongue.
3. Pull back your lover's pearl hood.
4. Stimulate her pearl with short and long strokes using your tongue until she reaches a level 8 on a pleasure scale of 0 to 10, with 10 being orgasm.
5. Move away from the pearl and stimulate the entire outside of her yoni in circular motions with your tongue, allowing her arousal level to lower by a couple of points.
6. Return to pearl stimulation as mentioned previously using short and long strokes until the woman reaches a 9 on the pleasure scale.
7. Ask her if she is ready for you to slip one or two fingers, palm up, inside her yoni and then locate and tap her G-spot by aiming toward the navel.
8. Meanwhile, continue to stimulate her pearl with your tongue while tapping her G-spot with your fingers.
9. If all goes well, she will have a mind-blowing, body-melting internal and external orgasm simultaneously, resulting in multiple orgasms known as the Venus Butterfly.
10. Ask her for verbal feedback as you cup one of your hands over her yoni gently to hold the sexual energy within.

Love Bites

Studies show that it takes between 15 to 40 minutes for the average woman to reach orgasm, so foreplay with passionate kissing, fondling, and oral sex will help her to climax quicker. There are many different kinds of orgasm she can experience from stimulation of different parts of her body, each of which will create different kinds of feelings ranging from quick, to short, to localized, to deep, to concentrated, to full-body. This is the opportunity for you and her to experiment with as many different kinds of orgasm as you can.



Exploring the Female Hot Spots

Like the male prostate, there are hot spots to be explored within a woman's sacred space.

While the original *Kama Sutra* did not describe how to find and stimulate the G-spot, it did describe many sexual positions where the yoni is tipped in such a way that the lingam enters at an angle for stimulation of this highly erotic internal erogenous zone, such as Varaha (The Boar) and Utpiditaka (The High Squeeze).

The G-spot is most widely known, but there are two other spots to seek out as well to heighten her sexual pleasure.

The G-Spot

Named after the doctor who first discovered it, the Grafenberg spot (G-spot) is located roughly 2 inches (5 cm) inside the yoni, between the back of the pubic bone and the cervix.

Unlike the male prostate, which can be massaged from the outside to similar effect, the G-spot is best stimulated internally. Here's how you can do so:

1. With the woman reclining comfortably on her back with her pelvis raised slightly with a pillow, place your thumb on the pubic mound and slide your forefinger into the yoni, palm up, with a “come hither” curve to rub your fingertip against the yoni's top region.
2. When you locate a small, ridged patch, pause for a moment to let the sensation of a need to urinate to pass.
3. With your thumb on the outside and your finger on the inside, use long strokes to create an electric current from the inside to the outside, through the G-spot. You can also brush your finger against the G-spot from side to side or tap gently to create a different effect.

Love Bites

Women should first empty their bladder before they are pleased in this way. Some of the stimulation can simulate a need to urinate; however, this feeling quickly passes if the bladder is empty.



The A-Spot and U-Spot

Two additional but less-famous areas to explore within the female sacred space are the A-spot and the U-spot. Both can offer surprising levels of stimulation.

If you've found the G-spot, locating the A-spot should be easy; it's just beyond the G-spot and feels like a circular indentation. The A-spot references the anterior fornix, which is found above the cervix. It is the deepest point reachable with a finger within the yoni. Stimulating this area can produce rapid lubrication.

Many of the *Kama Sutra* positions that stimulate the G-spot can also stimulate the A-spot, especially the Prenkholita (The Swing), which is a female superior position where the woman is in control of the angle, depth, and speed of her lover's thrusts.

Almost any G-spot vibrator can be used to find and stimulate the A-spot because of its distinctive curved shape at the tip, meaning the head can hit the spot every time.

Another spot of extreme sensitivity is the U-spot, a small patch of sensitive erectile tissue located around the urethral opening. By stimulating either side of the urethral opening with a finger, a tongue, or the tip of the lingam, it can result in orgasmic pleasure for the woman.

You can stimulate the U-spot with a flaccid lingam in any one of the *Kama Sutra* positions where the man is on top in a missionary style, such as Utphallaka (The Flower in Bloom) and the Indranika (The Position of Indrani), which are positions that have the lingam and yoni pressing together.

Almost any kind of vibrating sex toy can stimulate the U-spot since it has such easy access. Some women enjoy direct stimulation, while others prefer peripheral vibrations above, below, or on the side of the U-spot.



Love Bites

Many vibrators have additional features to enhance pleasure, such as rotating and massaging beads and multiple speeds with pulsations.

Multiple Orgasms

The idea of becoming multiorgasmic is the goal of many people involved in serious sexual exploration. These are a series of orgasms that occur within a few seconds of each other, without ever returning to a relaxed period and going through the entire pattern of arousal. The skill is more oftentimes associated with female stimulation, but men can become multiorgasmic as well.

While advocates of the *Kama Sutra* say Western culture focuses too much on the goal of orgasms, which diminishes the capacity to enjoy intense pleasure during other moments of the sexual journey, losing the hassle of your daily life through a few brief moments of euphoric, energy-melting multiple orgasms can be fun for you and your partner.

Achieving simultaneous orgasms through sexual intercourse is not always easy, but it is attainable, especially with good communication and the *Kama Sutra*.

Blended Orgasms for Either Gender

A blended orgasm is exactly as it sounds—blending more than one orgasm. Many people are experienced with various forms of dual stimulation—a lingam and a tongue, a tongue and a finger, and the various other combinations. By touching two orgasmic zones at the same time, you can set off different nerve pathways and different erogenous zones all at once. These are reported to be the most intense and long-lasting orgasms of all.

Here are some ideal ways to create the two points of stimulation to lead to a blended orgasm:

- * Start by choosing your favorite orgasm technique (such as oral stimulation on the yoni for a woman and oral stimulation on the lingam for a guy).
- * Get aroused to a level 6 on your pleasure scale, and then switch to another orgasm technique you enjoy (such as G-spot stimulation for a woman and prostate stimulation for a guy) and get aroused to a level 7 this time.
- * Switch back to the first technique, raising your arousal level to 8, and then go back to the second technique at least three times before reaching a level 10 on your orgasm scale.
- * Switch three or four times before reaching the point of no return, and finish by stimulating both areas simultaneously.

Trigasm for Her

Here's the revolution, the ultimate orgasm—trigasm. A female trigasm is the result of arousing three points of pleasure simultaneously: the pearl, G-spot, and rosebud.

1. The woman should lie back while you lavish her pearl with oral pleasure until she has reached a level 8 on a pleasure scale of 1 to 10.
2. Change course and stimulate her yoni in small circles with your tongue for two minutes.
3. Return to the pearl and orally increase her level of pleasure to a 9, almost to the point of no return.
4. At this peak, insert your forefinger palm up into her yoni and find her G-spot. Tap it gently toward her navel.
5. Simultaneously with step four, stimulate her rosebud gently to bring her to a momentous, energy-draining trigasm!

Trigasm for Him

The trigasm for men is also the result of stimulating three points of pleasure simultaneously: the lingam, jewels, and rosebud.

1. The man should lie back while you lavish the head of his lingam with some good oral suction until he reaches a level 8 on a pleasure scale of 1 to 10.
2. Use your mouth and tongue to stimulate his jewels for two minutes while you masturbate his lingam with your hand.
3. Return to the lingam orally and increase his level of pleasure to a 9, almost to the point of no return.
4. At this peak, fondle his jewels as you continue to orally delight his lingam and insert your forefinger palm up into his rosebud to find his prostate gland. Tap it gently. If all goes well, he'll have an unforgettable, enormous trigasm!



Rapid and Rolling Orgasms for Women

Because the female body doesn't require the same recovery time as a man after orgasm, a woman is able to stay more consistently aroused and for a longer period of time.

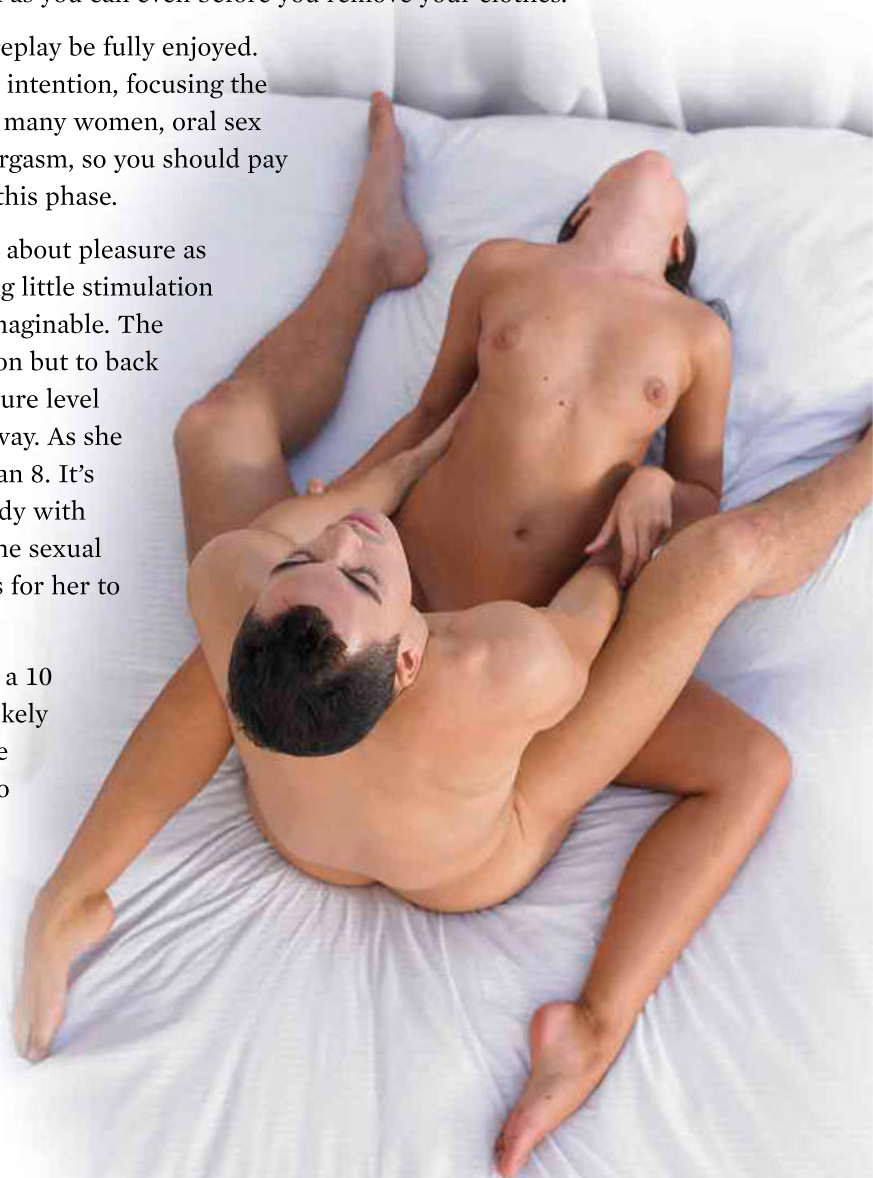
One of the big misconceptions about multiple orgasms is that they can't be controlled or that they only happen by random chance. This isn't true at all. They just take more planning and effort than sex is usually given, especially when it comes to female pleasure. As the stigma against sexually empowered women falls away, her ability to make the experience equally about her own enjoyment becomes easier.

Because women have more of a "slow burn" than men, the multiple-orgasmic experience is more likely to happen when lovemaking goes at a slower pace. To make this happen, spend time in the flirtatious aspect of the love dance, turning up the heat as much as you can even before you remove your clothes.

Once the clothes are on the floor, let the foreplay be fully enjoyed. Use your mouth, fingers, and body with full intention, focusing the sensations in order to build the ecstasy. For many women, oral sex and finger play is the easiest way to reach orgasm, so you should pay attention to her needs and desires through this phase.

Either during foreplay or intercourse, think about pleasure as running on a scale from 1 to 10, with 1 being little stimulation and 10 being the strongest orgasmic rush imaginable. The key is to move toward the peak of stimulation but to back off before achieving orgasm. Keep her pleasure level above a 5, but don't take her to a 10 right away. As she rises toward a 10, back off when you reach an 8. It's unbearably stimulating and helps fill the body with adrenaline and lust. The more animalistic the sexual hunger becomes, the more likely it becomes for her to achieve multiple orgasms.

When she's ready, take her over the edge of a 10 and allow her to control the ride. She will likely know instinctually if she can reach the same peak quickly or if she will need a moment to climax again.



Rapid and Rolling Orgasms for Men

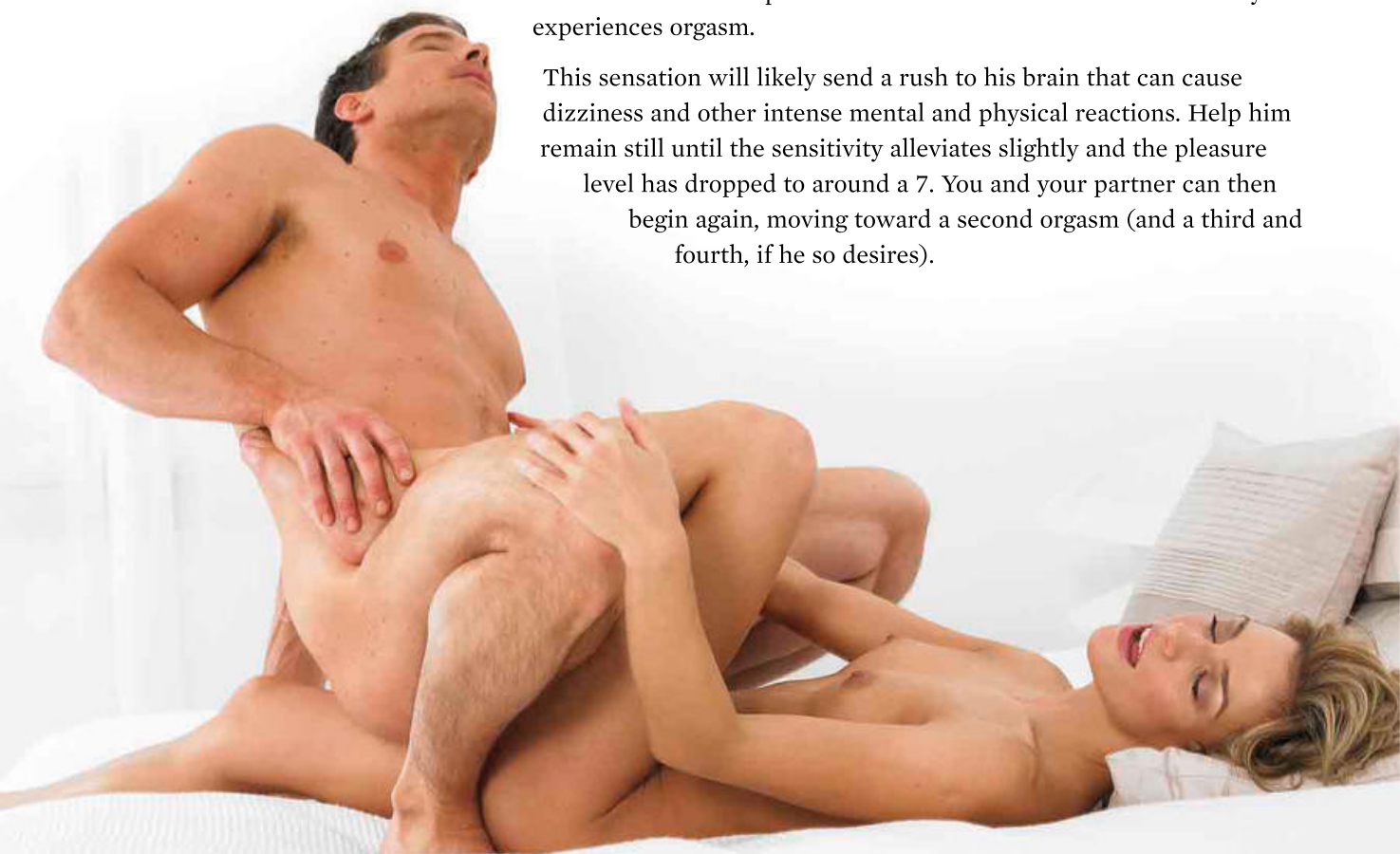
Multiple orgasms for men are more difficult, but not impossible. The odds of reaching this sexual height are greatly increased when you know how to separate orgasm and ejaculation. If you recall, orgasms are the intense feelings of sexual pleasure that happen in the few seconds before ejaculation takes place. The goal is for the man to orgasm without ejaculating so the wave can be extended and multiplied.

Doing this uses the PC muscles, the same muscles used to stop the flow of urine. Men learning to control these muscles can add a mind-blowing level of pleasure to any sexual experience.

Like women, men need to understand their various levels of pleasure. As the excitement intensifies during lovemaking, use the same scale of 1 to 10 you used for women, paying closer attention when the build passes a passion index of 5. As you move closer to a 10, have him repeatedly back off to maintain a manageable level of desire. He should work on tightening the PC muscles to become familiar with how it feels.

When he's ready, have him increase the speed of penetration in order to move toward the peak of an orgasmic 10. Once he reaches a pleasure level of 9, he should stop his movements and concentrate all of his attention to his genitals. Be very careful at this time, as the slightest movement may push him over the edge to ejaculation. Feel the pleasure rush through his body as he tightens the PC muscles in order to keep his semen held in while the rest of his body experiences orgasm.

This sensation will likely send a rush to his brain that can cause dizziness and other intense mental and physical reactions. Help him remain still until the sensitivity alleviates slightly and the pleasure level has dropped to around a 7. You and your partner can then begin again, moving toward a second orgasm (and a third and fourth, if he so desires).



What Are Erogenous Zones?

When the *Kama Sutra* was written, very little was understood about the full scope of the pleasure centers to be found throughout the body.

Erogenous zones are areas of the body with heightened sensitivity that elicit a sexual response. The human body is covered with these “hot spots,” but the reaction to having them stimulated can run anywhere between slight titillation to intense arousal. Caressing certain erogenous zones may inspire soft moans of comfort, while others could lead to an explosive orgasmic response.

As a starting point, I'd like to give you some “driving directions” to several points of interest. Don't forget to visit both sides of the body equally! I'll also include some *Kama Sutra* positions that allow for easy access to these erogenous zones.

Head

With such close proximity to the brain, any stimulation of the head and face will send immediate sparks to the pleasure centers in the brain which, in turn, explode throughout the entire body.

Touching the scalp with gentle fingers is a great way to get the blood flowing for both partners. The area around the eyes is also very sensitive; feather-light kisses on the eyelids can send shudders of ticklish teases through the body.

When it comes to the face, you can tap tiny kisses with your lips down the length of your partner's nose or kiss and caress both cheeks while holding your partner's face in your hands. Beyond the inside of the mouth, pay attention to the outside area by tracing the outside of your partner's lips with your tongue.

For the ears, you can touch your lips and tongue along the full curve of the ear, biting gently on the earlobe and using your breath for added stimulation on the outside.

Another way to excite your partner is to gently touch along the line of your partner's chin with your lips as you make your way to the neck. Kiss one side while gently caressing the other, giving attention to the back of the neck as well as the throat. Even a light breath can create erotic sensations. And don't forget the sensitive skin around the collarbone, where you can trail your kisses before moving onto another erogenous zone.

You can combine these erogenous zones with the *Kama Sutra* positions Samputa (The Claspings Supine) or Veshtita (The Twining Embrace).

Back

The strongest part of the body, the back also holds a lot of tension. The erogenous zones are more spread out here, but when you locate the hot spots, they are immensely pleasurable.

You can start by gently kissing or touching the shoulders, moving from one to the other. You can also move your fingers or lips down the backside of the arms to send tingling sensations through the upper body.

Placing a kiss in the middle of the upper back and slowly making your way down the spine with warm, gentle kisses to the tailbone can be a real turn-on for your partner. You can get creative by using your tongue in zigzag motions up and down the spine.

Another way to explore your partner's back is to move up the body again and leave a trail of kisses along one side of the back while watching your touch with soft fingers on the other side of the back.

For the buttocks, take your time to give them your full attention. Move from the hips down the side of the buttocks, over each cheek, and down into the sweet crevice. Whether this exploration leads you to the rosebud is for you and your partner to decide.

Behind the knees is one of the most forgotten erogenous zones and yet one of the most pleasurable. You can explore that by gently massaging the area with your two thumbs in circular motions.

Though the ability to use your lips will be limited, you can definitely explore these hot spots with your fingers while also enjoying *Kama Sutra* positions such as Ashva (The Horse). The woman can reach around and massage these areas on the man during Utphallaka (The Flower in Bloom).



Love Bites

The best way to discover your partner's most intense erogenous zones is by exploring every inch of the body with your fingers, lips, and tongue, moving very slowly from one area of the body to the next. As this is done, ask your partner to rate each sensation on a scale of 1 to 10, taking note of any area scoring higher than a 7.



Front

Other than the head, the area on and around the nipples has one of the largest concentrations of erogenous zones on the body outside of the genitals.

You can delicately kiss your partner's clavicle and move your lips carefully down the line between the breasts. Moving from this middle position toward the armpit, you can also pause to sweetly brush the highly sensitive nipples and the areas around them.

Take a moment to teasingly drag your fingers under your partner's arm before heading down the arm with light touches of the fingers and lips, from the shoulder to the elbow to the forearm.

The elbows are often a neglected erogenous zone, so explore it by running your fingernails around the inner elbows and planting some kisses along the way.

The hands are full of erogenous zones, so give them special attention. Place a kiss on the palm and trace each finger with your tongue, dipping into the creases. Kiss the backside of the hand and blow a warm breath across the flesh.

You can then rise back up and move across the chest to pause on the other nipple on your way to the other armpit before repeating the same motions on the other side, all the way down to the fingertips.

Another exploration is to move your fingers and lips down your partner's chest, paying attention to the navel. For some, it is a very erotic place to have stimulated. Be sure to check in with your partner to get feedback.

You can also move your fingers and tongue below your partner's navel carefully, from one side of the waist to the other, and then plant kisses all over the tummy. This area is also known as the seat of emotion, so if it makes your partner laugh, it's a positive response that will release feel-good endorphins.

Great *Kama Sutra* positions for incorporating these erogenous zones include Samdamsha (The Pair of Tongs) and Ardhapiditaka (The Half Squeeze).



Lower Body

Basically the epicenter of erogenous pleasure, the groin is a feast of hot spots to be explored. The legs and feet offer an additional array of pleasure centers, as they literally carry the weight of the body all day.

You could spend hours exploring your partner's body below the waist and never find all of the hot spots that lay hidden in this area of the body.

One way is to touch your lips sweetly in mini steps leading from the hip down to your partner's ankle. You can also take the foot in your hand and use your thumbs to explore the pressure points on the underside, with an extra massage into the arch of the foot (which is sure to arouse a moan of gratitude). Give each toe and the space between them a moment of attention before continuing the kissing trail on the inner thigh.

As you move up, take time to lift your partner's leg as to give you access to the back of the legs. The calves are sensitive to touch, so you can massage them while resting them in your lap or on your chest to create more sensuality.

When your tour of the inner thighs leads you to the genitals, avoid the temptation to abandon the journey and give the other leg and foot equal attention. You can caress the inner thighs teasingly and kiss them as you feel your partner's arousal build.

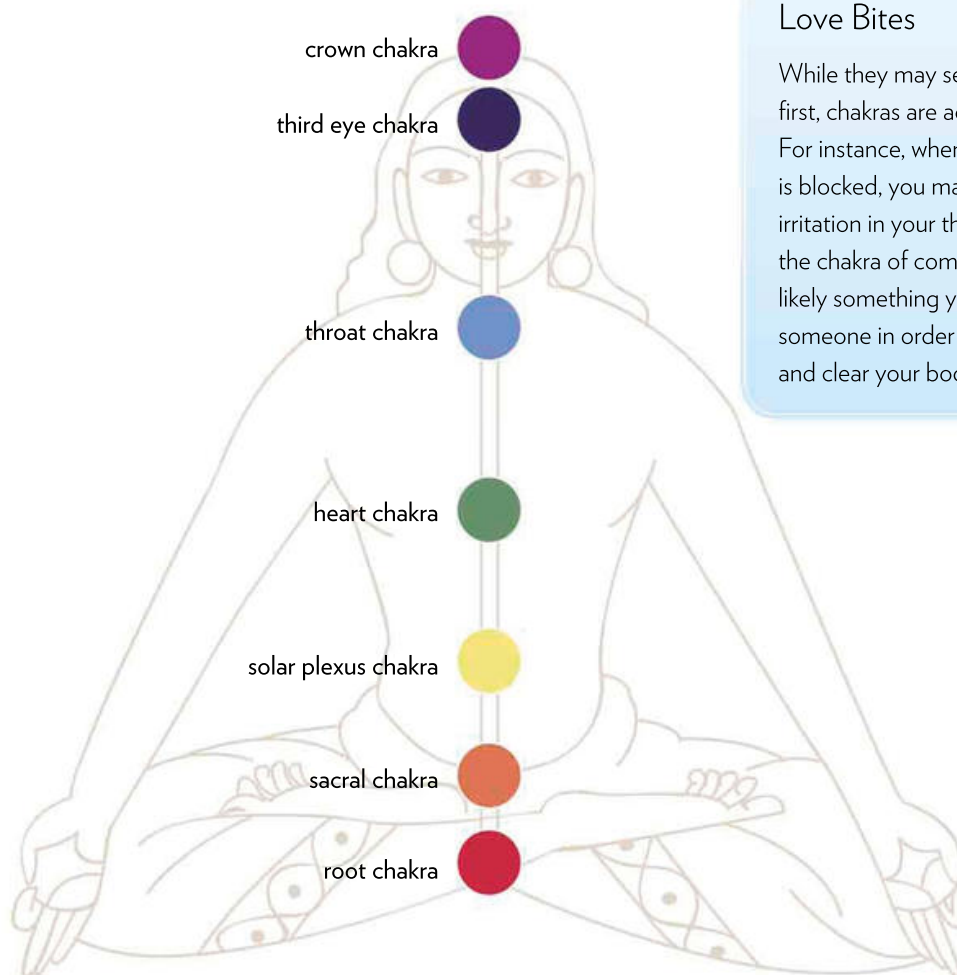
A major erogenous zone that's often passed over is the mons, or the area above the genitals where the pubic hair grows. You can massage the mons with the palm of your hand and then make out with it as if you were kissing your partner's mouth passionately. This can be an arousing prelude to sexual intercourse.

You can easily explore and stimulate the erogenous zones of the lower body with *Kama Sutra* positions such as Vadavaka (The Mare) or Bhugnaka (The Rising).

An Introduction to Chakras

Like the *Kama Sutra*, the understanding of the chakras was developed as a Hindu tradition. The word *chakra* translates to “wheel” or “turning,” as it is believed that these energy centers constantly move in a spinning fashion as the energy moves in and out of the body. There are seven basic chakras, each of which rotates at a different speed, with the one lowest on the body rotating the slowest and each subsequent one moving faster.

These seven chakras help control and maintain our well-being, with each one dedicated to a specific area of our conscious lives. When these energy centers are blocked, it can lead to illness, stress, anger, and exhaustion. Understanding them can heighten the *Kama Sutra* experience, making you feel more open and free.



Love Bites

While they may seem complicated at first, chakras are actually quite literal. For instance, when the throat chakra is blocked, you may feel a tightness or irritation in your throat. Because this is the chakra of communication, there is likely something you need to express to someone in order to remove the blockage and clear your body of the toxins.



Root Chakra

Located around the tailbone, this chakra relates to your sense of survival, security, and safety. It is the grounding chakra that makes you feel connected to the world, and it is here that the energy to excel and succeed is based. In terms of sexuality, it is an especially powerful chakra for men, because it is here that a majority of the male sex organs are found. Sexual difficulties and insecurities could be an indication that this chakra is blocked.

How to clear it: Stomping your feet helps clear your root chakra (something young children who aren't getting their way seem to instinctually know). If you stomp your feet on a solid surface, you will likely feel a tingling sensation in your groin that indicates this chakra is “waking up” and clearing away the blockage. Kshiraniraka (The Milk and Water) is a great position for exercising the root chakra, as the man grinds his tailbone against the chair while the woman grinds her backside against her lover's legs.



Sacral Chakra

Located 2 inches (5 cm) below the navel and often called the *belly chakra*, the sacral chakra is linked to creativity and emotional well-being. When this chakra is properly balanced, a person feels more open with their feelings and more secure in their sexual desires. Women in particular can be affected by this chakra, as it is home to most of the female sex organs. Any negative feelings she feels about her own sensuality will usually be felt in this area of the body, so being mindful of it can greatly increase the pleasures found in the *Kama Sutra*.

How to clear it: Hip circles help open the sacral chakra, as does simple creative expression. You can do these hip rotations alone, but why not invite your partner to join you for a little dirty dancing? A standing position, such as Ashva (The Horse), is also great for exercising the sacral chakra, as both partners can easily move their hips.

Love Bites

The male sex organs are primarily located in the root chakra, while the female sex organs are primarily in the sacral chakra. Because the root is focused on the physical while the sacral is dedicated to the emotional, this helps explain why the different genders approach sex differently.



Solar Plexus Chakra

Found 2 inches (5 cm) below the breastbone in the center of the stomach, the solar plexus chakra is home to the ego, passion, and inner strength. It's a very powerful chakra that makes a person feel cheerful, sexy, expressive, and open to new adventures when cleared. This is an important chakra for the *Kama Sutra*, because it supports the adventurous nature necessary to embrace new sexual explorations.

How to clear it: Taking charge of an activity helps clear the solar plexus chakra, so surprise your partner with a fantastic date night. A woman might also suggest one of the woman-on-top positions in the *Kama Sutra*, while a man might request one of the more fiery positions that focus on passion over intimacy. Harina (The Deer) is a great position for clearing the solar plexus chakra. Both partners can arch their backs, which helps put oxygen into this area of the body, and passing the control of the movements back and forth leads to a shared power trip.



Heart Chakra

Situated behind the breastplate, the heart chakra is, not surprisingly, the home of love and compassion. This is not only about the love you give others, but also about the love and respect you give yourself. This is obviously an important chakra for building intimacy and a stronger emotional connection, which can only heighten the discoveries to be found in the *Kama Sutra*.

How to clear it: Forgiveness is a key element to clearing the heart chakra. Sometimes the most important person to forgive is yourself, so pay attention to your inner dialogue. You can also sit with your partner and each place a hand over the other's heart. This simple exercise helps pass energy back and forth that can be incredibly healing. Any *Kama Sutra* position that allows partners to be heart to heart, such as Veshtita (The Twining Embrace), is also great for helping clear this chakra.



Throat Chakra

Based in the neck, the throat chakra is the chakra of communication, personal growth, and change. When this chakra is cleared, you feel comfort and confident in expressing your needs and wants. This is obviously an important chakra for exploring the *Kama Sutra*, given the importance of being able to share thoughts and desires with your partner.

How to clear it: Singing is a great exercise for clearing the throat chakra. You don't have to be good; you just have to be loud. So go for a drive, crank your favorite tune, and embrace your inner rock star! For a more-sensual exercise, release the moans, groans, and sighs that bubble under the surface while making love. Letting it out invites the ecstasy in.



Third Eye Chakra

Set in the middle of the forehead, the third eye chakra houses intuition, clarity, and understanding your place in the “big picture.” Feelings of certainty, confidence, and control over your life and destiny are all connected with this chakra being cleared. Conversely, becoming egotistical as a way to mask these insecurities is possible. Because this is the chakra that holds the mind and thought processes, it can greatly influence your enjoyment of the *Kama Sutra*.

How to clear it: Meditation is the best way to clear the third eye chakra, even if it's just a few, quiet moments of deep breathing. You can incorporate this exercise into your foreplay by taking a moment during kissing to press your forehead against your partner's while you both close your eyes and breathe together. Not only does this help clear this chakra, but it helps pull you both more fully into the intimacy you are sharing. One of the more adventurous positions in the *Kama Sutra*, Shulachita (Fixing a Nail), seems to have been created specifically with this chakra in mind, especially if the woman is flexible enough to allow the man to also place his hand on her forehead.



Crown Chakra

At the top of the head is the final chakra, the crown chakra. This is the center of spirituality, enlightenment, and energy. If you've ever experienced a mind-blowing orgasm that felt like fireworks were shooting out the top of your head, you know exactly how it feels when this chakra is wide open. It's also a very empathetic chakra. Keeping this chakra cleared helps ensure that your *Kama Sutra* experience will lead to the highest level of sensual bliss and intimate connection.

How to clear it: Concentrating on positive thoughts helps keep this chakra clear, so constantly remind yourself of the goodness in your life, especially your partner's best qualities. If you can learn to replace frustration with love, your entire life will benefit. Samputa (The Clasp of the Supine) is perfect for clearing the crown chakra, since it fully aligns all the other chakras. This alignment can be explosively stimulating, as all the chakras of both partners work together to reach for the euphoria of shared sexual enlightenment.

Love Bites

You can choose the *Kama Sutra* position you want to explore based on the chakra you want to open. A fantastic compliment to share with your partner is how they open your various chakras, such as “My heart chakra feels open when you say my name during lovemaking” or “My solar plexus chakra feels open when you share your feelings with me.” This is a great way to strengthen your intimate connection.



What Is Tantra?

Like the *Kama Sutra*, Tantra has the perception of being a practice that is solely sexual. But also like the *Kama Sutra*, it is a much broader subject than that.

Originating in India over 6,000 years ago, Tantra is a spiritual tradition that, at its most basic, is about the search for oneness. It's not a religion, a cult, New Age spirituality, or a form of sex therapy.

The word *Tantra* is a Sanskrit term for weaving energy, specifically the yin and yang energies of two lovers. While there are many aspects of Tantra, I am going to focus on the weaving of sexual energies known as Red Tantra.

Tantric practices have a lot of similarities with those found in the *Kama Sutra*, including the desire to create emotional, physical, and spiritual connections and the importance of a healthy sex life to obtain this goal. Many of the positions discussed in Tantra text are similar to those found in the *Kama Sutra*, but their intention is very different.

For example, one of the clearest differences between Tantra and the *Kama Sutra* is in the reasoning behind the suggestion to delay or resist male ejaculation. In the *Kama Sutra*, ejaculation is delayed in order to extend pleasure and to allow more time for the man to pleasure his partner, as women generally take longer to peak than men. In many Tantric beliefs, however, instead of ejaculating, the man keeps that sexual energy inside and redirects to open the path to spiritual awakening.

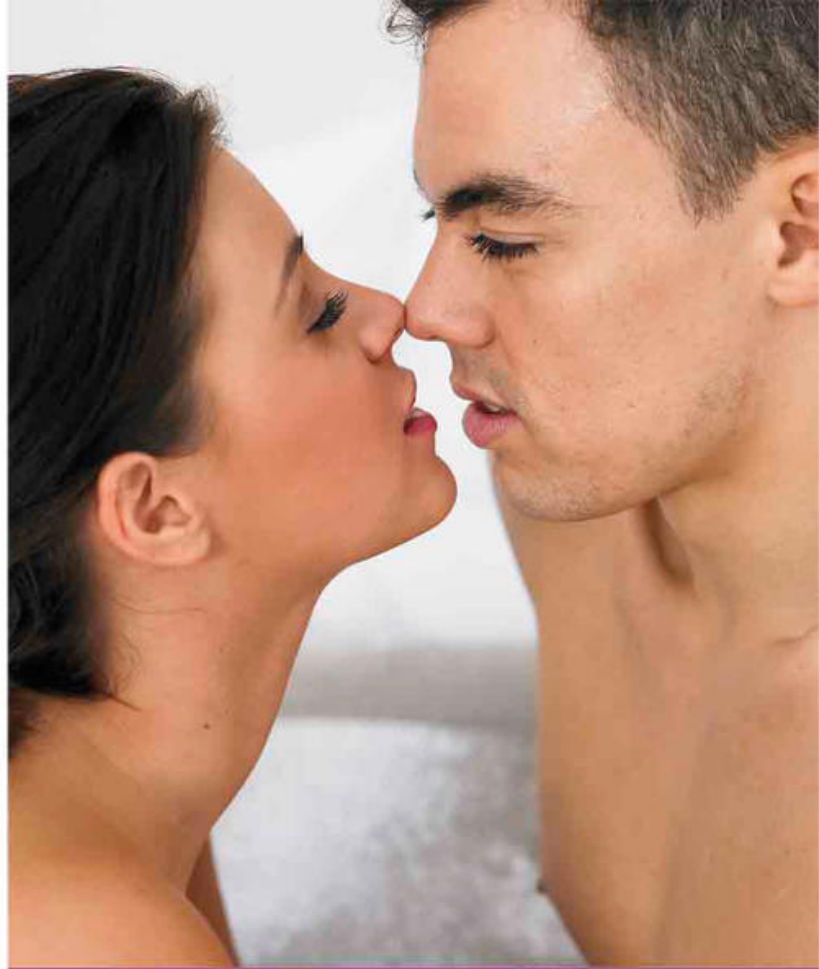
These two practices are a fantastic complement to one another. Sexual exploration is about seeking one's own highest pleasure; therefore, there may be elements from both of these practices that can be pulled together to create your own sexual utopia. So knowing about Tantra can expand and even improve your sexual experience with your partner.

Tantric exercises use a combination of six elements: breath, movement, muscle lock, sound, intention, and attention. Each of these is equally important, and understanding how to enhance them will go a long way toward supercharging your *Kama Sutra* experience.

Breath

Breathing is the essence of life. By learning how to control your breath and synchronize with your partner, you can make your lovemaking sessions last longer and also increase the intensity of your orgasms. Connected breathing creates a deeper sense of intimacy that can take your sexual experience to a higher level, which is the ultimate goal of both the *Kama Sutra* and Tantra.

Breath exercise: With you and your partner lying on your sides facing the same direction, slide together so that one partner's chest is pressed firmly against the other partner's back. The partner in back wraps the arms around, resting one hand on the other partner's chest and the other on their stomach. Breathe normally as you work together to synchronize the in-and-out flow of oxygen.



Movement

Movement is obviously a big part of lovemaking. Every position of the *Kama Sutra* involves movement, from the subtle to the extreme. Being aware of these movements and improving the way you move together as a sensual couple greatly increases the potential for sexual pleasure.

Movement exercise: Stand across from your partner with your hands on your hips. Maintaining eye contact, both of you begin rotating your hips in a circular fashion, from front, to side, to back, and around to the front again. Work to match your hip movements using your peripheral vision as you keep looking at each other. Once you can do this comfortably, move together so your pelvises touch and take turns leading one another through the pelvic rotations.

Muscle Lock

Muscle lock refers to the tension and releasing of the PC muscles that create the support for the genitals. The quickest way to locate your PC muscles is to imagine that you're urinating and then suddenly need to stop the flow. The muscle tension you feel in your groin is your PC muscles at work. They hold the key to intensifying orgasm, stopping ejaculation, and stretching out a lovemaking session.

Muscle lock exercise: Commonly referred to as “Kegel exercises,” the tightening and releasing of the PC muscles is the best way to strengthen as well as learn to control them. You can do these tense-and-release exercises anytime and anywhere. (Go on, do it now. No one will know!) A fun, and possibly funny, way to do these exercises together is to take hands and tighten your grip as you tense the PC muscles.

Sound

I've talked a lot about sound throughout various sections of this book, but its importance can't be overstated. The full body responds to the vibrations of the release of energy that making sound creates. Perhaps you've had the experience where sexual excitement explodes into an orgasmic rush simply by hearing your partner make a sexually gratifying gasp. Good noise is good practice.

Sound exercise: Take turns exploring each other's bodies using only sound cues—no words—to direct, compliment, or ask for what you want. Tune in to the slightest sounds of your partner's pleasure. Evolve this body exploration into a comfortable *Kama Sutra* position that you both enjoy, only using moans, gasps, and grunts throughout the lovemaking session. You can try it with positions that allow for close face-to-face connection, such as Kshiraniraka (The Milk and Water) or Aibha (The Elephant) so it's easier to hear even the most subtle gasp of pleasure.





Intention

Intention is an important element of both Tantra and *Kama Sutra* practices. You choose a goal and place your focus on making that goal a reality. When you have a shared intention with your partner, the sexual journey is intensified by working together to make it happen and the bonds of intimacy become much stronger. The intention is to become one body, one breath, and one soul.

Intention exercise: One partner should choose a sexual goal for a lovemaking session. You then both work together to try to make it happen. For example, the man may want to learn to separate his orgasm from his ejaculation, or the woman may want to see if it's possible to reach orgasm through nipple stimulation alone. After each partner has had their intention receive full focus, choose a goal to work for together, such as simultaneous orgasms.

Attention

Attention is giving your full focus to the sensual experience being had in order to intensify its pleasure. Only when you are 100 percent present for your lover can you reach the highest level of erotic bliss. You are not only giving your bodies to each other, but you are also giving your full minds to the goals you share.

Attention exercise: Find a *Kama Sutra* position you both enjoy that allows for easy eye contact and communication while also requiring slower movements, such as Veshitita (The Twining Embrace) or Utpiditaka (The High Squeeze). Move through the position at an even slower pace than usual, remaining mindful of how everything feels. Even if the man is not fully erect, you can focus on how you feel against each other by having him place his lingam against her yoni. Look into each other's eyes and take turns mentioning a part of the body so your attention moves around, such as "What do you feel in your shoulders?," "How does this feel in your stomach?," or "Tell me how the muscles in your buttocks feel right now."

Solo Kama Sutra

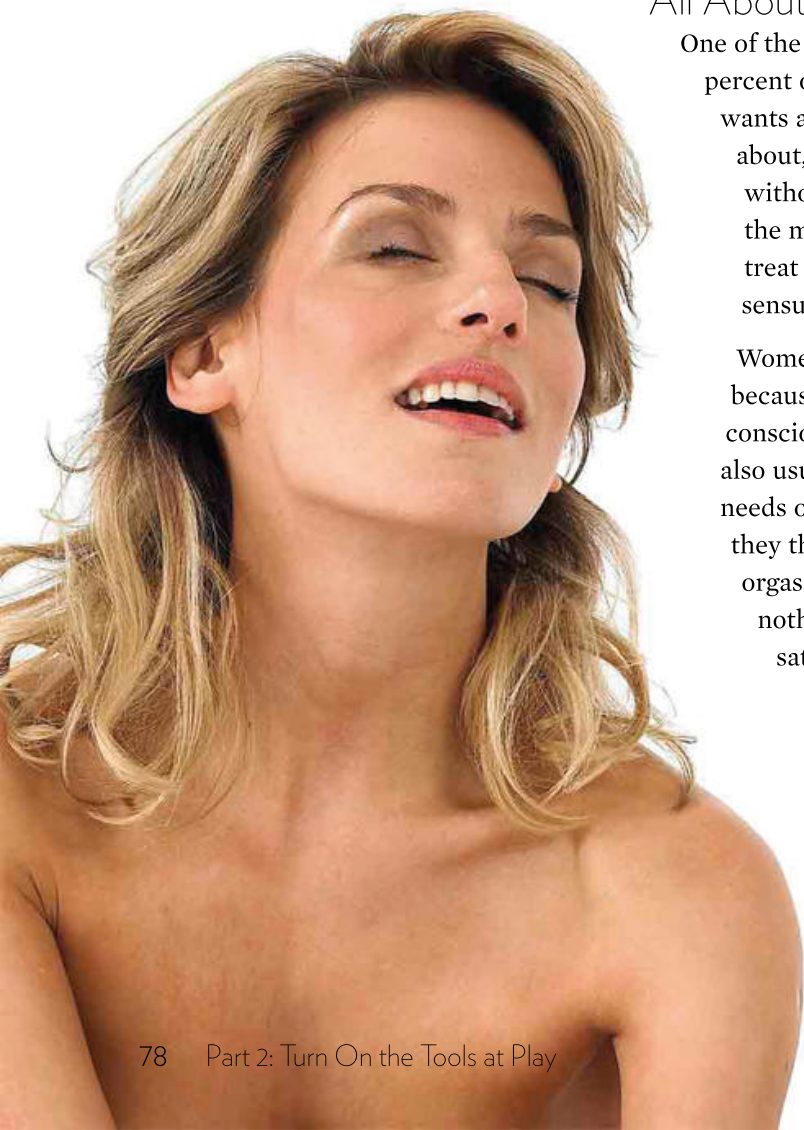
When you think of the *Kama Sutra*, so much of your base knowledge surrounds the multitude of positions that require a partner that you probably don't think about how it can apply to masturbation. It's true that the original *Kama Sutra* text itself doesn't really address solo pleasure, but just because you're alone doesn't mean there aren't ways to enjoy sexual exploration.

Just as sex can become a bit of a routine with the same basic technique and positions being used, masturbation can fall into the same rut. You may become accustomed to certain positions and movements because you know they feel good and get you to your pleasure goal; however, just because it's good enough doesn't mean it's the best it can be. Only by breaking up the routine do you have the opportunity to find greater enjoyment.

All About You

One of the greatest benefits of masturbation is that 100 percent of the attention is placed on your personal wants and needs. There isn't another person to think about, so you can fully explore your own body without risk of ridicule or judgment. It is actually the most secure sex you can have, but most people treat it like a quick means to an end instead of the sensual and mind-blowing experience it can be.

Women especially can benefit from masturbation, because they have a tendency to be more self-conscious than men during intercourse. Women also usually put their own pleasure behind the needs of a partner and aren't even clear on what they themselves find most pleasurable. Therefore, orgasms might be easier to achieve when there is nothing else to think about other than personal satisfaction.



Creating a Fantasy

Fantasy is a huge part of masturbation. One way to extend the self-pleasure is to expand upon a fantasy. Don't just focus on the explicit sexual acts—develop a bigger, more detailed story. Allow the fantasy to build before you even begin to touch yourself. Pay attention to where the sensations begin to ignite in your body other than your genitals.

Many people feel guilty when they fantasize about someone other than their significant other, but there is no harm in such fantasies. It's an exciting way to explore a person, a world, a situation, or an experience that you otherwise wouldn't try. It's also a great way to enjoy taboos that can turn you on in your mind but don't seem so pleasurable in reality. Basically, fantasizing is a no-risk way to test the limits of your boundaries and eroticism without having to worry about another person.

Exploring in Different Ways

Using a different hand to explore your body than you usually do is an easy way to elicit new sensations. It's the smallest change, but it can shift your brain's response to touch in significant ways.

There are as many different positions for masturbation as there are for intercourse with a partner. And, like exploratory sex, you can move the enjoyment out of the bedroom and into the rest of the house to see how different surroundings change the feelings.

How It Benefits Sex with Your Partner

Solo sex also allows you an opportunity to try out things you might want to later explore with a partner. Anal play is a great example. Both men and women might find the idea of it intriguing; a woman might be curious to try it with a man who has asked, or a man might be interested in having his prostate massaged. But there are questions and fears about trying it with a partner that can be alleviated by trying it alone first.

Mutual masturbation is another sexual exploration that many people haven't tried. The thought becomes "Why masturbate when I have a partner right here?" But watching your partner self-stimulate is not only a huge turn-on, it can also give great insight into how and where your partner wants to be touched.

Love Bites

You can add more playfulness to your sex life by giving your genitals a special code name that only you and your partner know so you can share a sexy secret by talking about them in public. You can name them after famous couples like Bonnie and Clyde, Fred and Ginger, or Barbie and Ken. You can also give them funny nicknames, such as Lips Calhoun and Mr. Poker or Pinky and Perky.

Once you have a name for your yoni and lingam, think about what it would say to you if it could speak. Paying attention to what your body says during sexual exploration is very important because it's a way for you to give yourself permission to enjoy pleasure (this includes masturbation). For couples, it's a fun way to communicate their sexual desires.

The lingam might say the following:

- ✧ "I want you to pleasure me at least three times a week."
- ✧ "I enjoy when you hold me at the base with one hand while stroking the head with the other."
- ✧ "I like it when you make me hard while you watch erotica."

While the yoni may say the following:

- ✧ "Play with me in the bathtub and splash warm water over my pearl."
- ✧ "Buy me a sex toy to find my G-spot."
- ✧ "I like it when you lie on your stomach and rub me against a pillow until I come."

Two Ways She Can Rock Her Own World

The Feather On the Pearl: This masturbation technique is incredibly simple, but its immense pleasure is in its intensity, subtlety, and focus. Instead of exploring your entire body or even your yoni, your full attention is on the clitoris alone. Lie back and open your legs in a comfortably wide position. Rest your hand comfortably under your navel so one finger can easily reach your pearl. With a feather-light touch, graze the highest peak of your pearl with the lightest touch. This tease should send waves of stimulating pleasure through the entire yoni and on throughout the body. As you continue this subtle touch, your sexual desire will build to the point that you will want more. The longer you can keep this tease going with only the smallest touch, the bigger your climax will become.

The Tantalizing Tour: This masturbation technique is the exact opposite of the exploration of The Feather On the Pearl. While that put all of the concentration on the clitoris, here you will explore every part of your body other than your clitoris and yoni. Start by relaxing back and taking a deep breath. As you close your eyes, gently lay your hands on your head and run your fingers through your hair. Next, slide your hands delicately over your face, ears, neck, and shoulders. Pay attention to how every new touch feels and pause to acknowledge the warmth it sends to your sacred space. Move down your body, teasing each new area but refusing to touch your sweet yoni, no matter how badly you begin to need it. Move around it and touch your legs, hips, and inner thighs. Only when you reach the point of absolute need can you slide your fingers between your legs to dip into your yoni with your middle finger while your palm presses down against your hot pearl.



Two Ways He Can Be His Own Best Friend

The Sweet Hippy: This can be done while lying on your back, but it can be even more stimulating when performed while standing or kneeling. Take a deep breath and bring your focus to your body, not just your lingam. Place your hands over your face and slowly slide them down, as if wiping away all the stress of the day. Let your hands continue sliding down to your chin and shoulders and over your chest. Pause to let your thumbs tease your nipples; pay attention to the way it shoots sparks of pleasure to various parts of your body. Continue sliding your hands down to your waiting, erect lingam. If you like using lube, drizzle it over your erection and then cup your hands together and slide your lingam between them. Instead of stroking, use your hips to thrust into your hands, pumping as you would if you were penetrating your lover.

The Pleasing Tease: Lie back on the bed and take a few deep breaths to clear your mind. Let your hands rest on either side of your lingam without touching it—just close enough so you can feel your own heat. Create a visual fantasy and fill in as many details as possible. Don't just dive into intercourse; instead, create a vivid story of seduction and desire. As the story begins to build your arousal, slowly massage the muscles around, beside, and under your scrotum; however, don't yet touch your lingam, regardless of how much it will begin to beg you to. Let the fantasy continue to build, moving into sensual kissing with your imagined partner and slowly undressing each other as the foreplay begins. Continue to massage your groin area without touching your lingam as you imagine the way oral sex would feel. Let your imagination continue to turn you on as you visualize in what position you would first penetrate your dream lover. As you do, let your fingers graze your lingam, but don't yet take it into your hand—just a tease. As the fantasy becomes more intense, let the touching of your lingam gradually grow. It's quite possible you could ejaculate without giving yourself a full grip, but that all depends on how much teasing you can tolerate, even from yourself.

Part 3

Spice Up Your Sex Life

In the *Kama Sutra*, creating great intimacy combined with having great sex results in supercharging your love life. In fact, foreplay can be just as juicy as sexual intercourse! Once you embrace that, you set yourself on the path to mind-blowing, body-melting, supercharging sexual discoveries.

In this part, you explore various sensual ways to touch your lover, the power of kissing, and the fun of sex toys and games that only grown-ups can play, all of which create seductive opportunities for a deeper intimate connection and much-more-erotic adventures.

A photograph of a young Black couple in a playful pose. The man is standing, shirtless, wearing black shorts, and smiling. The woman is standing behind him, leaning into his back, also smiling. They are in a room with white horizontal blinds in the background. The floor is light-colored wood. A black bag is on the floor in the bottom left corner.

Attitude Is Everything

During the *Kama Sutra* era, playfulness was obviously a big part of sex, just as it is today. Modern technologies allow for even more adventurous friskiness, even when you and your partner are miles apart. Sexting, phone sex, sharing sexy photographs, and video chatting can all add an element of excitement to your intimacy.

Above all else, the *Kama Sutra* is about fun. There is science at play, as well as psychology and even dexterity. However, if you're not having a good time, why bother? Shouldn't your sex life be just as enjoyable as possible? And if it's true that the brain is the body's biggest sex organ, it's equally true that a good attitude is the biggest aphrodisiac.

Having a Sense of Humor

Humor can help you build a stronger connection with your partner. Being able to laugh with someone you love releases comfort-causing chemicals in the brain that ease anxiety, reduce stress, and enhance relaxation throughout the body.

Experimenting with the *Kama Sutra* and its various positions creates the perfect opportunity to embrace the game-playing enjoyment and laughter many people lose as they become adults. (After all, why should kids have all the fun?) Being a sexy, vibrant, adventurous adult brave enough to be vulnerable and sexually curious deserves to find as much enjoyment as possible in the experimentation. This means being able to be silly while remaining respectful.

Take a Breather

The key is to be able to laugh at yourself while not seeming like you are laughing at your partner. Even when you join your partner in laughter, your laughter must be seen as supportive and empathetic, not judgmental or condescending.



Being Friends

One of the important elements of the *Kama Sutra* that is rarely discussed is the foundation of friendship that must be shared between partners. Friendship means being able to say anything to your partner without fear of rejection, judgment, or ridicule. Best friends don't take advantage of each other but are instead there to help one another.

In a good romantic relationship, you have the same love you have for a best friend. Yes, the sexual chemistry and excitement must be present, but there must also be the same kind of respect and kindness that you show your closest friend (because, really, the *Kama Sutra* is about as close as two people can get, don't you think?).

Having Confidence

It takes confidence to introduce the *Kama Sutra* to your partner in order to make your sex life even better for both of you. Confidence is also necessary when making the decision to explore sexual satisfaction with new positions and techniques. This is not a bloated sense of self-worth that borders on arrogance, but simply the relaxed acceptance that you deserve happiness and pleasure that result in sexual satisfaction. With confidence comes the ability to more easily ask for what you want and need, which helps you guide a partner who desires bringing you as much excitement as possible.

Confidence is not about having all of the answers—it's about not being ashamed of the questions. It's also about being bold enough to say "Pleasure is ours for the taking. Let's go find it together."

Here are effective steps to help you and your partner have positive attitudes:

- * Make a list of what makes you most lovable in bed, such as being a good listener, being a considerate lover, enjoying cuddling, or having already tried 20 *Kama Sutra* positions.
- * Make a list of all your partner's positive attributes, such as making you laugh, being a romantic, being a great cook, being a great provider, looking great in lingerie, and even looking good naked!
- * Replace any negative self-talk with positive talk, such as "I love myself" and "I'm worthy of love and I deserve to experience the best sex possible."

Set the Scene

In the *Kama Sutra*, setting the scene for romance was a priority and an easier task than today. These days, women are part of the workforce, and hours spent away from home for both partners are a lot longer.

In order to bring the focus to the present and give your full attention to your partner, it's important to clear your mind as much as possible. This can be done by giving your sexual relationships the same laser focus you give your job when the time comes to deliver. After all, you can't treat sex like an afterthought and expect it to be extraordinary. So what can you do to set the scene?

Making Time

Great sex can't happen when you've got one eye on the clock. Ideally, you want to make a date of it and have a full night to explore the potential. At the very least, though, dedicate two full uninterrupted hours to the exploration of the *Kama Sutra*. Here are some ways to avoid distractions and make time for your partner:

- ✧ Shut off your phone and leave it in another room. Turn off the television.
- ✧ If you want to play music, make it instrumental and commercial free.
- ✧ Get the house to yourself so that kids or parents won't interrupt.
- ✧ Make sure pets are taken care of and shut out of the room.

Love Bites

If you want sex with your partner to feel special, you have to treat it like it *is* special. There's obviously room for great sex to be quick and dirty—with an unexpected rush of lust and release—but if the goal is to heighten the experience, it takes a little work for a lot of reward.





Creating a Mood

One of the most important ways you can set the mood is by tidying the bedroom (or whatever room will be used for exploration). An unkempt space can be distracting, especially for women who lean more toward a caretaker's mentality and can find a messy room stressful.

Light some candles, using unscented ones unless you both share a love for a certain scent. Even then, keep the fragrance subtle so it doesn't interfere with your sexual appetite.

Bringing the Focus to Your Partner

Of course, setting the scene isn't complete until you and your partner are together and ready. Here's how you can set the mood together:

- * Meet your partner; stand, sit, or lie together; and take a few deep breaths to calm your mind and body in preparation for intimacy.
- * Look into each other's eyes in order to release the bonding chemical oxytocin and to show your partner that you are 100 percent present.
- * Take hands and pay attention to the way your fingers intertwine for a nonsexual yet intimate touch that connects you and your partner physically.
- * Kiss softly and whisper words of kindness and love to boost the woman's sex drive through the man's whispers and testosterone that is transferred through his kiss.
- * Make the act of undressing part of the enjoyment, not just a means to an end, in order to create sexual anticipation.





What Is Intimacy?

The words *intimate* and *intimacy* are used a lot. But how, exactly, do they differ in definition from love itself?

Intimacy is synonymous with “affection,” “familiarity,” and “understanding.” All of these words could easily be found under the definition of *love* as well, but intimacy adds an extra level to the emotions of love.

To be intimate with someone is to invite them in to the deepest part of your personal story. There is a safety and connection found in intimacy that can’t be found elsewhere. It can combine elements of love, romance, and sexuality, but not necessarily all three (just as any of those three things can happen without intimacy).

The *Kama Sutra* offers many tools for building intimacy, because to do it well, you must be fully present with your partner and giving your full attention to the connection you have. Eye contact, communication, exploring the different ways to experience human touch—all of these things help you and your partner build a strong, intimate bond.

Here are 10 ways you and your partner can build stronger intimacy:

1. **See and accept your partner fully.** Take the time to really look at your partner. Giving a sensual massage is a great way to tour the body while also giving the gift of relaxation.
2. **See and accept yourself fully.** People rarely take the time to pay attention to their own reflections. Stand naked in front of a mirror and look at yourself. Learn to appreciate your body exactly how it is, as it's the only one you've got and it's worth celebrating.
3. **Allow for change.** As the old adage goes, "the only thing consistent is change." Learning to accept necessary changes in yourself and your partner creates a peacefulness that welcomes intimacy.
4. **Be open to learning something new.** Life constantly offers the opportunity to learn something new. Instead of remaining set in your ways, expand your horizons as a couple by doing things together that invite conversation, such as a wine tasting, a walking tour, or a dance class.
5. **Understand that arguments are usually about something other than the argument.** The subconscious has a way of tricking you into believing you are mad about one thing when, in fact, it's about something else. When tensions arise, take a deep breath and step back enough that you can see the facts separately from the emotions.
6. **Be adventurous together.** Exploring the *Kama Sutra* is a great way to go on an easy adventure together, because you are trying new things, testing boundaries, and opening up communication. Take this brave spirit out of the bedroom and go shopping for sex toys, have sex in your car, or go to a nude beach.
7. **Find pleasures in the small things.** People have a tendency to focus on the big things that happen and overlook the small things that happen every day that make life extraordinary. Leave a simple love note in your partner's car to find on the way to work. Small acts have big rewards.
8. **Make giving more important than receiving.** It's easy to focus on personal wants and desires and forget your partner has separate wants and desires. Make a conscious effort to give up the self-focus and place your partner in the spotlight. This might mean giving your partner oral sex without expecting it in return or appreciating the tenderness of cuddling without intercourse.
9. **Laugh together often.** Laughter is an intimate act when it is shared by two people. You are sharing an amusement, a joyous secret, a potential inside joke that can become part of your loving repertoire. Find the things that amuse you both and cherish them.
10. **Make nonsexual touching a part of every day.** If you simply decide you are going to touch your partner twice more per day in simple, nonsexual ways—such as laying your hand on the back as your partner makes the morning coffee and a hug when your partner walks in after work—it will set the foundation for a much-deeper intimacy.



Kissing

Kissing is one of life's great pleasures. Soft, aggressive, hungry, soothing, sexy, sweet—there are as many ways to kiss as there are to love.

A kiss combines all of the senses, with taste, touch, and smell being the most prominent but sight and sound playing a subtle role as well. The exchange of chemicals that happen as the mouths touch creates a strong emotional connection that quickly sends sparks of desire racing through your body.

The *Kama Sutra* recognizes the importance of kissing, not only on the mouth, but also other places. The forehead, eyes, cheeks, throat, chest, nipples, hairline, and neck are all strong starting points. Notice that all of these areas are located between the heart and the brain. Utilizing the sense of touch in these spots to begin stimulation is the perfect way to start turning down the distractions of the outside world and turning up the sexual heat.

Different Ways to Kiss

Within the text of the *Kama Sutra*, there are several ways to kiss:

- ✧ **The nominal kiss:** Barely a kiss at all, this is the simple act of touching your lips against your partner's without any movement.
- ✧ **The throbbing kiss:** This is done by one partner kissing more passionately while the other partner's upper lip remains still, with the bottom lip gently caressing the kiss being received.
- ✧ **The touching kiss:** This teasing kiss is when one partner gently touches the lips of the other with the tip of the tongue.
- ✧ **The bent kiss:** This is the most common kiss, with the heads tilted in opposite directions, allowing the best contact between the lips.
- ✧ **The turned kiss:** This involves holding your lover's chin and turning the lips up to meet yours.
- ✧ **The kiss of the upper lip:** This happens when one partner places both lips against the other partner's top lip, either with a kiss or gently sucking the partner's lip between.
- ✧ **The clasping kiss:** This is when one partner envelops both lips of a partner.
- ✧ **Fighting of the tongues:** This is the same as a passionate French kiss, where tongues are hungrily entwined.
- ✧ **The kiss that awakens:** Sometimes referred to as the "Sleeping Beauty kiss," this is a soft kiss placed on a sleeping partner's lips to indicate desire.
- ✧ **The kiss that turns away:** This is a kiss used to defuse a tense situation. A forceful kiss is utilized to push aside distractions, to pull attention to a hungry lover, or to turn an argument into intimacy.



Heightening the Power of Your Kiss

Everyone knows the basics of kissing, but adding a few of techniques takes your next lip lock with your partner to the next level.

- ✧ You can build sexual tension by gently teasing your lover with soft caresses of your lips around the face as your hands gently glide over your partner's body.
- ✧ You can also nuzzle against the soft spot where your partner's neck meets the shoulder and place your wet lips against the skin before blowing a gentle cool breeze over it.
- ✧ Taking your lover's bottom lip between yours and sucking gently while moaning softly also adds some extra fun. As kissing becomes more passionate, you can wrap your lips around your partner's tongue and suck seductively.
- ✧ You can even use warm or cold liquids to create new kissing sensations.



Foreplay

While the *Kama Sutra* doesn't have a specific section on foreplay, it has all the ingredients, starting with courtship and manifestations of feelings and followed by kissing, touching, oral sex, and many other kinds of outercourse that leads to intercourse.

Most people assume the word *foreplay* is synonymous with oral sex—in other words, “The sex before the sex.” While that can certainly be part of the fun, this simplistic explanation misses a huge amount of sexual opportunity and pleasure.

The Importance of Foreplay

The role of foreplay is to bring the attention of two people together with a shared goal of moving toward sexual activity and release. It can be initiated with a kiss, a smile, or a glance. Intimacy becomes the focus, and the rest of the world and its responsibilities take a backseat to giving, getting, and sharing pleasure. Inhibitions come down and intimacy grows, while the brain and body begin to release all the indicators of sexual arousal.

Foreplay can be especially important to women, as they usually require a bit more time to “warm up” than men.

Teasing and Touching

Sometimes the best part of foreplay is the part most people skip: the tease. Just because you're grown-ups doesn't mean you can't make out like teenagers. Here are some ways you and your partner can make it more fun:

- * Take your time gazing, smiling, and talking to each other before touching or kissing.
- * Kiss playfully with baby kisses, followed by slow kisses with your mouths slightly open as you inhale and exhale together.
- * Touch and caress each other in nonsexual areas, such as the hair, face, ears, neck, shoulders, and fingers.
- * Remove each other's clothes slowly and tug on the fabric with your lips. As you unveil each new area of your lover's body, gently kiss, lick, and caress it.
- * For a female partner, lower her bra strap to kiss her breast, but then slide it back up and kiss her lips passionately. For a male partner, slide your hand along the waistline of his pants, but don't yet reach for the zipper. Tease him with your fingers on the outside of his pants.
- * Whisper your lover's name and say how turned on you are to be there in the moment.
- * Compliments help make your lover feel more sexually comfortable and confident, so comment on your partner's looks, the smoothness of your partner's skin, and how good your partner smells.
- * Moan with pleasure as your partner kisses and caresses you back.
- * Grind against one another, but pull away until your partner begs you to come back for more.
- * As the clothes peel away, linger and look at each other with admiration.
- * Seductively remove your own clothes with a slow, confident striptease.
- * Once you're naked, continue making out like you had with your clothes on—don't just “dive in” to sex. Let the heat swell between the two of you.
- * For a male partner, run your fingertips over his pecs followed by kisses all over his chest. For a female partner, treat her breasts like you would her lips as you kiss and explore them with your tongue.



How to Touch

Touch is one of the most important senses. People literally can't survive without touch. Therefore, I'd like to share with you several aspects of touch found within the *Kama Sutra*.

There are many kinds of touch, but the *Kama Sutra* concentrates on four touching styles: nurturing, healing, sensual, and sexual.

Nurturing

A nurturing touch is most commonly thought of as being nonsexual, because its intention is reminiscent of a caretaker. It is a unilateral touch without any expectation from the other person—generally, the kind of touch that accompanies a challenging time physically, emotionally, or mentally. Helping a loved one out of the car after surgery and giving someone a hug who has just received bad news are both examples of nurturing touch.

However, this is not to say that there can't be a seductive element to a nurturing touch as well. Washing your partner's hair is both nurturing and erotic.

Healing

Therapeutic in nature, a healing touch is intended to be soothing. The purpose is to move energy in order to bring your partner release and pleasure. Like a nurturing touch, its purpose is not always sexually stimulating and comes with an element of unconditional compassion. Rubbing your partner's shoulders to help alleviate stress or massaging the thighs after a long run are both healing touch examples.

Like the nurturing touch examples, healing touch techniques lend themselves to leading to sexual excitement as well. A massage is a great healing touch option that has the potential to both calm you down and turn you on.





Sensual

A sensual touch has slight erotic undertones, but its intention is more about sensory seduction than sexual stimulation. Sensual touch simmers in a way that is slower than sexual touch; it's mostly about taking the nurturing and healing touches up a notch. For example, adding a kiss to any kind of touch moves into the zone of sensuality. A hug is just a hug until you place your lips against your lover's neck. You could also blow your warm breath on your partner's erogenous zones before touching them gently with your lips, tongue, or fingers.

While the indication of sexual tension might be present, sensual touches are not automatically sexually suggestive. They are indicative of feelings of comfort, trust, and playfulness.

Sexual

The most carnal of expressions, the sexual touch is animalistic in nature. Physical hunger and lust accompany these touches that are more indicative of wanting primitive pleasure. Lovingly pushing your partner against a wall with your hands and lips, using your thighs to open your partner's legs as you lie entwined on the bed, or honoring each other with oral sex are examples of sexual touches that have very clear intentions.

There is something all-inclusive about the best kinds of sexual touch. They are nurturing, healing, and sensual all at once while bringing in the added element of undeniable desire.

Love Bites

As your exploration through intimacy continues, it's important to learn how your partner likes to be touched. Pay attention to verbal and nonverbal signals. You can learn a lot about your partner by looking through the *Kama Sutra* together and seeing what exercises and positions you are both drawn to. Pick out three positions and foreplay activities you want to try and share them with your partner. You can employ kissing, scratching, patting, biting, and other kinds of touching to add a heightened sense of pleasure.



Ways to Embrace

When you hear the word *embrace*, you most likely immediately think of a hug. That's the most obvious example, but you can actually embrace in a variety of ways. Holding hands at the movies, linking arms while walking on the beach, and interlocking your legs with your partner's as you curl up together on the sofa are all variations of an embrace. It's making contact with your partner in a way that is more sensually intentional than a simple touch.

In the *Kama Sutra*, Vātsyāyana goes so far as to define 12 different ways to embrace your lover, ranging from casual to intense.

Flirty Embraces

These first four are more caresses than obvious embraces and are subtle steps toward seduction. They indicate a flirtatious interest in moving the focus toward something sexual:

- ✧ **The touch:** This seems almost accidental as you brush against your partner. It's not insistent, but it is inviting.
- ✧ **The pierce:** This is when a woman pushes her breasts against her partner. The action may seem innocent, but the intention clearly is not.
- ✧ **The rub:** This has both you and your partner rubbing against each other front to front, side to side, or front to back. At this stage, it's more playful than sexual, but it clearly indicates a desire for more.
- ✧ **The press:** This brings in more lust but is still a bit constrained. The easiest example is to visualize pressing your partner against the wall with your full body.

Intimate Embraces

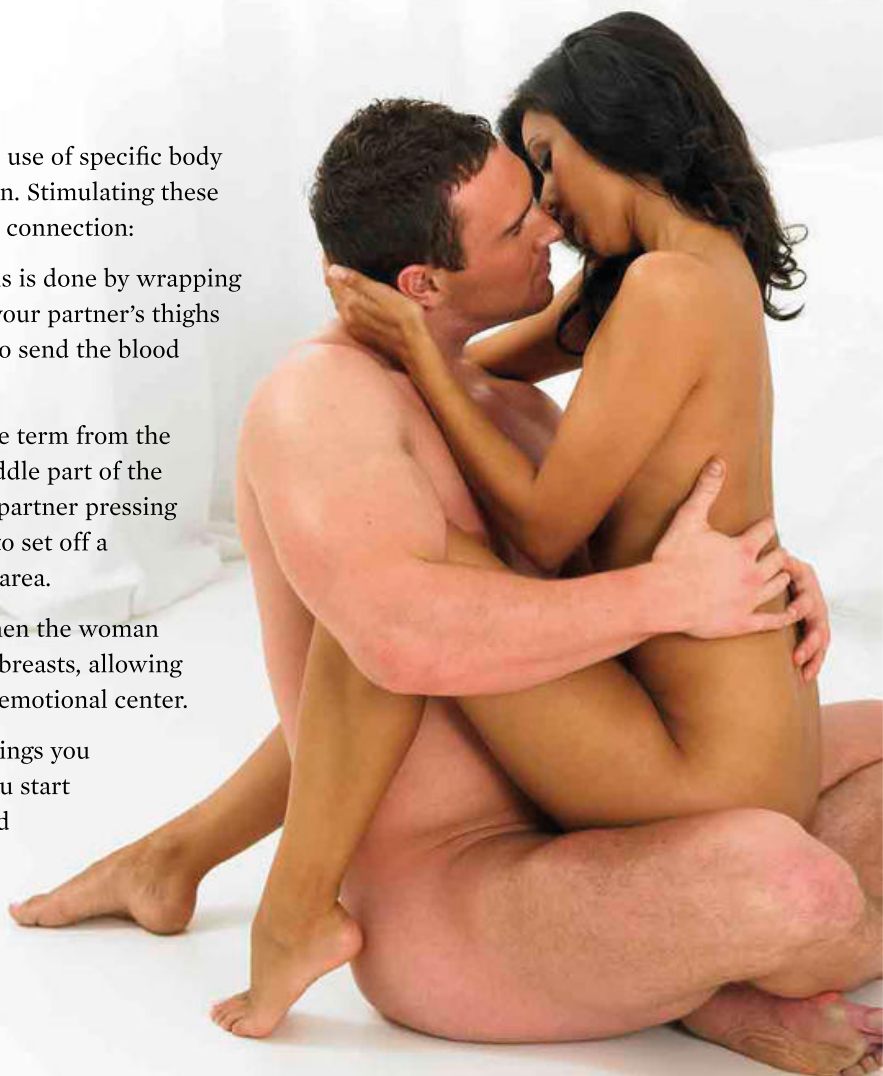
The next four types of embraces take the sexual intention to a much more obvious level; there's now no denying what you want:

- * **The twining of a creeper:** This is initiated by the female as she wraps her arms around her partner to invite his lips to come to hers for a kiss.
- * **The climbing of a tree:** This is another female-driven embrace to show she wants her partner as close as possible. With arms around him, she lifts one of her legs to pull his body even closer.
- * **The mixture of milk and water:** This shares its name with the sexual position it resembles as both you and your partner become fully entwined while seated. The only difference is the layers of clothes that make penetration impossible.
- * **The sesame seed with rice:** Taking its name from the position it resembles, this involves you and your partner reclining in a fully entwined position so you are lying together with full body contact.

Erogenous Zone Embraces

The final four embraces are specific to the use of specific body parts and the erogenous zones they contain. Stimulating these zones increases arousal and the emotional connection:

- * **The embrace of the thighs:** This is done by wrapping your legs around one or both of your partner's thighs and tightening your own thighs to send the blood rushing toward the genitals.
- * **The jaghana embrace:** Using the term from the *Kama Sutra* that refers to the middle part of the body, this involves you and your partner pressing your bellies and groins together to set off a multitude of sparks in the sacral area.
- * **The breast embrace:** This is when the woman cradles her partner between her breasts, allowing him to hear her heartbeat at her emotional center.
- * **The forehead embrace:** This brings you and your partner eye to eye as you start with your foreheads touching and then use your cheeks, ears, lips, nose, and eyelashes to gently explore each other's faces.



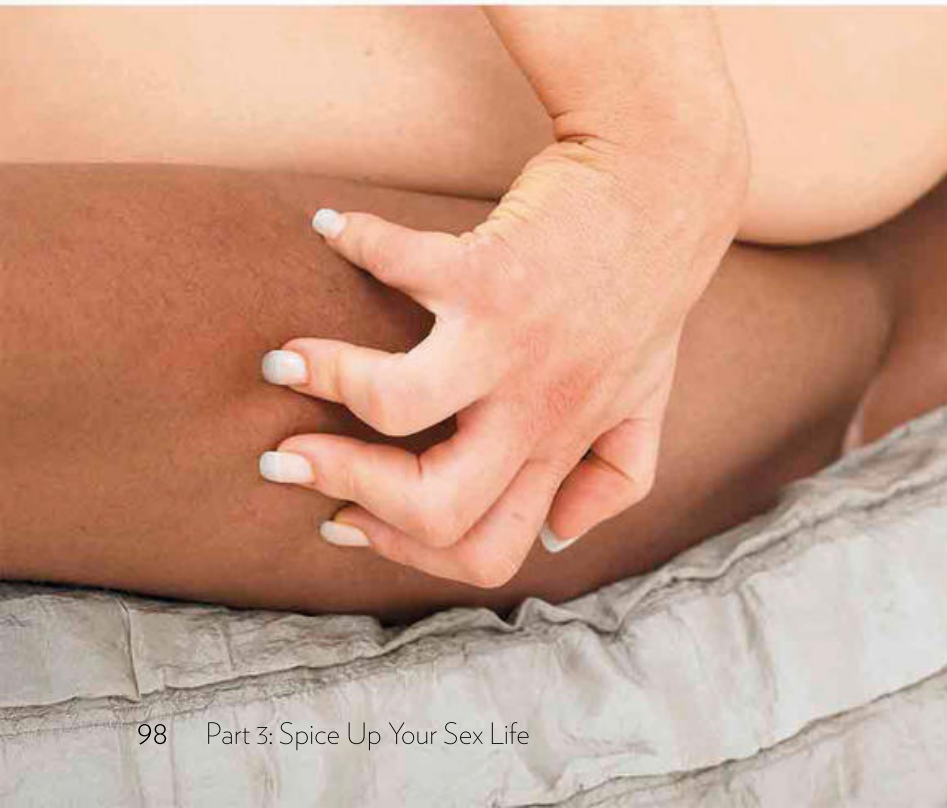
Lustful Scratches

According to the *Kama Sutra*, “When love becomes intense, pressing with the nails or scratching the body with them is practiced.” Today, these lustful scratches are as much a part of passionate lovemaking as they were when the *Kama Sutra* was written. Ladies, when you’re climaxing, don’t you sometimes dig your fingernails into your lover’s back? And guys, do you grasp your lover’s buttocks between your fingers in the heat of passion? And don’t you both sometimes feel like having a little rough sex, meaning it has to hurt just a little to feel good?

As the intensity builds during passionate lovemaking, you and your partner can find an additional spike of pleasure through a multitude of scratching techniques. Raking your fingernails along your partner’s body can send titillating tingles from the scalp to the toes and every hot spot in between.

The *Kama Sutra* outlines eight different scratching techniques, based on the marks they leave. Some of these are still techniques, meaning the fingers do not move across the flesh but instead give pressure by pressing on the body and leaving small markings in the skin.

- ✧ **Sounding:** This is the gentlest scratch that leaves no mark behind. It is only acknowledged by the slightest sensation being felt and the sound of the fingernails dragging over the flesh. You can perform this technique gently on your partner’s face and neck.
- ✧ **Half-moon:** This requires applying the slightest pressure to the skin so as to leave a small mark from the curve of the nails. It is highly erotic when you apply it to your partner’s chest and breasts.



Take a Breather

Not everyone enjoys the scratching sensations, either as the giver or the receiver of the scratch. Many times, partners give the kind of pleasure they want to receive, assuming that if they enjoy it, so does everyone. This obviously isn’t always the case, so watch and listen for signs of discomfort, and repeatedly ask for pleasure feedback.



- * **A circle:** This is similar to the half-moon, but it's done with the thumb and forefinger pressed together so the nails create a circle in the skin. A finger position in meditation known as "the seal of wisdom," this creates sexual anticipation when you do it teasingly on your partner's inner thighs.
- * **A line:** What people usually imagine when thinking of a scratch, this is a single, straight line left by the nail of one finger. This is great for creating shivers up and down your partner's spine.
- * **A tiger's nail or claw:** This scratch is specific to when a line is curved and trails over the breast.
- * **A peacock's foot:** This mark uses the nails from all five fingers to scratch in a curved pattern around the buttocks.
- * **The jump of a hare:** Another breast technique, this is done by placing the middle of the palm over the nipple and then scratching the breast with all five nails in toward the nipple as the hand is raised. Using this could result in a nipple orgasm.
- * **The leaf of a blue lotus:** This is done by dragging the nails across the skin in a pattern reminiscent of drawing flower petals. It is a beautifully sensual technique to perform on your partner's stomach.

Like any practice that dances in the balance between pain and pleasure, the utmost respect must be given to the partner being scratched. It is up to you and your partner to determine the amount of pressure to be applied, so start gently and gradually work your way up to find the highest point of pressure that still brings the greatest pleasure.



Love Bites

One of the passion plays described in the *Kama Sutra* involves a different use for the mouth: biting. While many people are familiar with the concept of using a bit of pressure from the teeth to elicit pleasure, the *Kama Sutra* actually goes into great detail about the different ways biting can be incorporated into lovemaking.

Any area of the body that can be kissed can also sustain light biting (other than the eyelids, of course). They can run the gamut from a light nibble of the lip during a kiss to the strong grip of the teeth on a shoulder during the final rush toward orgasm. As with anything that rides the fine line between pleasure and pain, communication and respect are key for both partners to maintain the highest level of pleasure.

Take a Breather

Because some people experience spasms, including in the jaw, use extreme caution when biting during the height of orgasm. It can be harder to control pressure while riding the wave of bliss, causing the bite and markings to be harder than intended.

The *Kama Sutra* outlines eight kinds of love bites:

The hidden bite: The lightest of all the bites, the hidden bite is done with the lightest pressure applied with the teeth, resulting in only a slight reddening of the skin that quickly fades. Try this against the back of your lover's neck in order to send tingling sensations down it.

The swollen bite: Adding slightly more pressure which leaves the subtle markings of the teeth, the swollen bite sends a spark of electricity through the body. Place this bite on your partner's knee while looking up at the face and watch as these sparks travel to the genitals.

The point: Tilting the head so as to bite with only two teeth results in a pin marking known as the point. Incorporate this bite into the kiss on your partner's wrist to direct waves of pleasure through the arms and into the chest.

The line of points: This refers to pressing the teeth against a small portion of flesh so as to leave a row of tiny marks. You can suck your partner's finger into your mouth and press your top teeth against the finger while licking the underside with your tongue to elicit a moan of passion.

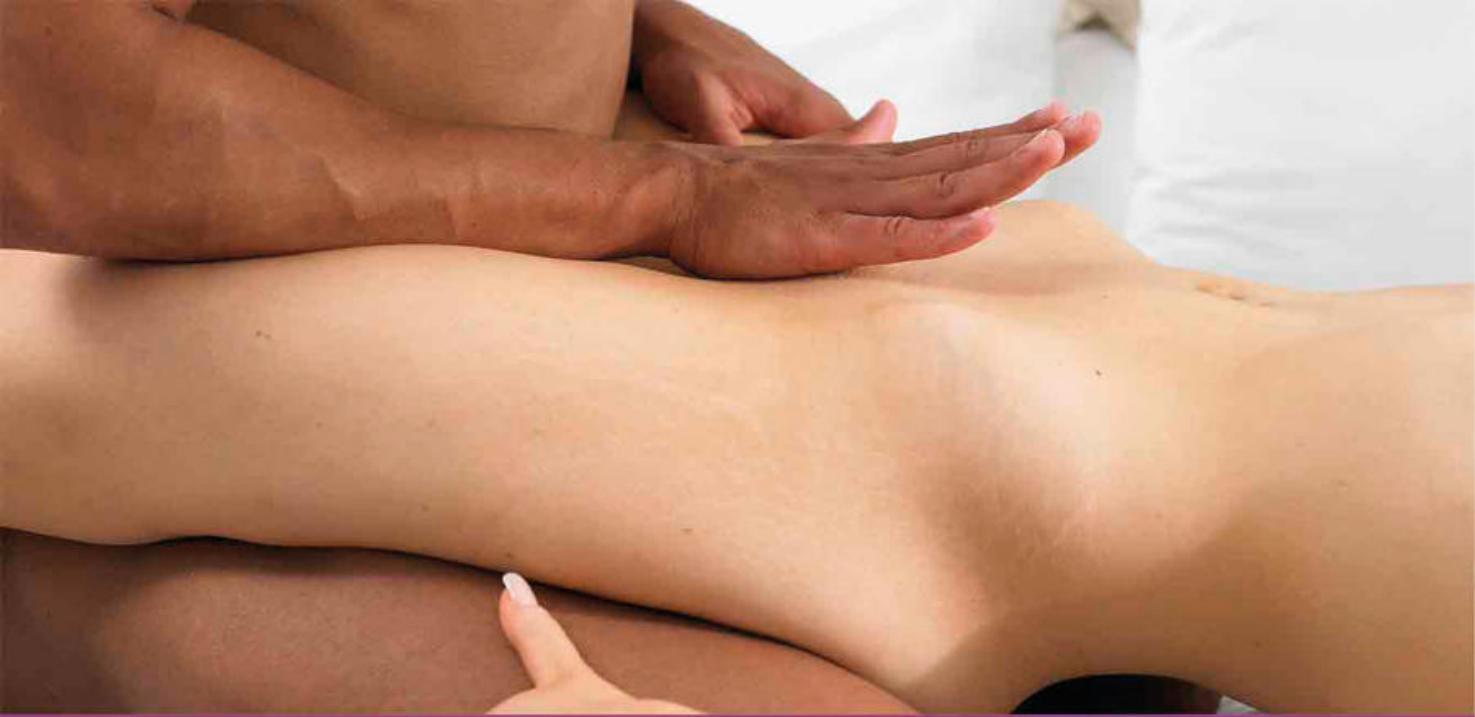
The coral and the jewel: Utilizing both the lips ("coral") and the teeth ("jewel"), this biting technique may also involve a bit of sucking. It is the surest way to leave a more long-lasting mark, commonly known as a "hickie." To avoid the risk of leaving a mark someplace visual, practice this technique in an area that is hidden, such as the soft skin around the pelvis.

The line of jewels: Using as many teeth as possible, this biting technique is usually used against the neck, armpit, and joints of the thighs. This bite is great to use on your partner's shoulder at the height of climax, which can drive you both over the edge of ecstasy.

The broken cloud: Impressed upon the breasts, this biting technique involves a ring of small indentions left by the teeth from a wide-mouth grasp. This can be done by sucking your partner's nipple into your mouth to rest on your tongue while you gently press your teeth against the surrounding flesh.

The biting of the boar: This bite is done when several rows of similar bites are repeated in several places in the same general area of the body, leaving a collection of markings. Do this along your partner's side, running from the armpit to the hip, to deliver explosive sensations through the entire body.





Passion Pats

The *Kama Sutra* dedicates an entire chapter to sensual striking techniques that are appropriate during sexual exploration. Extremely passionate sex increases adrenaline in both partners, and many times, bumps and bruises are the sweet reminders of just how animalistic the experience became. These “love pats” are intended to enhance the sexual pleasure and elicit a new level of excitement for both partners.

As with any sexual explorations, especially ones that test boundaries, communication is of the utmost importance. Kind words, soft touches, and genuine respect are a necessary component in reaching higher erotic peaks. These love pats ride the fine line between being a turn-on and a turn-off, so be sure your partner is enjoying the ride as much as you are. The point of any sexual pat is always to enhance pleasure through safe, sane, and consensual communication so things do not get out of hand. Therefore, the person receiving the pat should control the placement, rhythm, and intensity with verbal cues that clearly state what is desired and acceptable.

Take a Breather

For obvious reasons, it's a very delicate matter to discuss any sort of striking as a means of pleasure. Violence is never excusable, and my intention here is not to indicate otherwise. I am simply exploring topics discussed in the *Kama Sutra* and the various ways you can use light spanking and patting to enhance sexual pleasure. As with any sexual exploration, the boundaries of both partners must be fully respected without question.

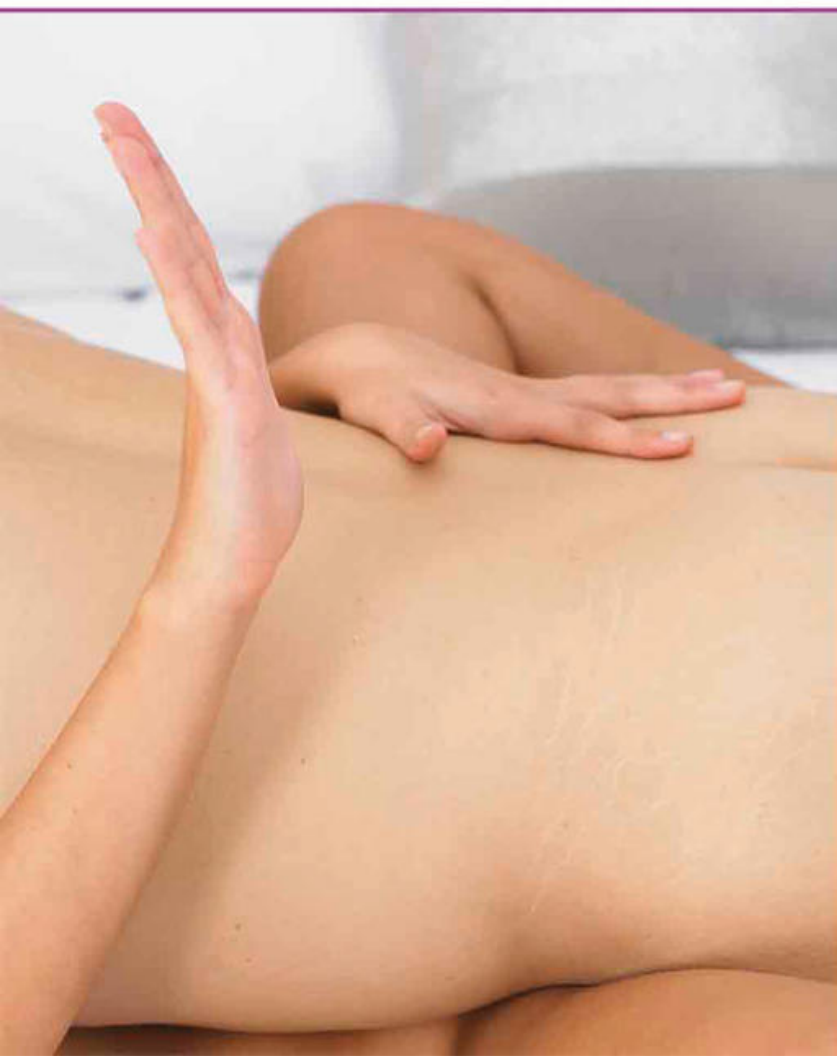
The following are some types of passion pats from the *Kama Sutra* you and your partner can use.

Apahasta

Apahasta is the act of using the back of your hand to pat your partner first softly and then slowly, increasing pressure as pleasure intensifies. To try this, have your partner lie back on the bed, legs open wide enough that you can kneel between them. Starting at your partner's feet, use the back of your hands to gently tap a path up the legs toward the groin. Be sure to watch and listen for signs of pleasure in different areas of the legs. As you tap upward, you will send tingling sensations through your partner's genitals.

Prasritaka

Prasritaka is a special type of tap where your fingers are curled into the shape of a duck's bill and then "pecked" against your partner's flesh. As your partner lies face down, straddle the buttocks and use this tapping technique against the back, pecking the shoulders, upper back, and along the spine to the tailbone. Ask your partner how it feels and adjust your intensity and placement accordingly.



Samatala

Samatala is the *Kama Sutra* term for spanking and uses the open hand to elicit the sharp sound of palm to skin, which many people find extremely erotic. In many of the positions where you are facing away, the primal lust may be heightened even further with a light spank on your partner's buttocks. This is one of the safest places to begin, because this fleshy area is less sensitive.

For a woman, the subtle sting of a spank on her behind can send tingling sensations toward her yoni, increasing her pleasure. She can also use similar techniques against his backside while performing oral sex by having him straddle her breasts, allowing her to reach between his legs and reach his buttocks. The surprise of a spank can be titillating and inspire a sweet moan of excitement as you and your partner grind together.

Oral Pleasures

Both cunnilingus (performed on a woman) and fellatio (performed on a man) have a rich history, with some cultures finding the oral act of love to be taboo and others considering it an act worthy of great respect.

Oral sex is just as intimate as intercourse and was a big part of the *Kama Sutra*. People have always been very creative about it, going so far as to give different names to very specific techniques. As an example, the term *Antaha-samdansha* was given to the act of a woman taking the head of the lingam completely into her mouth and then pressing the shaft between her lips, holding it a moment before pulling away. For female pleasure, *Uchchushita* describes the act of the man cupping the woman's buttocks as his tongue probes her navel before slithering down to rotate it skillfully in the archway of her yoni.

Oral sex is often used as a form of foreplay, though it can just as easily be a fully satisfying intimate act on its own.

Take a Breather

The taste and aroma of the yoni or lingam can be a deterrent when it comes to the idea of performing oral sex. It's all about what you eat or drink—for example, a person who smokes cigarettes is more likely to taste bitter, while a person who eats fresh fruits will taste sweeter. Don't use any perfume sprays or scented lotions on the genitals to improve the smell or taste, as these can upset the body's natural chemistry and cause discomfort.



Why Oral Sex Is Fun for Both Partners

Some men enjoy getting oral sex even more than having sexual intercourse, because a warm, wet mouth with a talented tongue and a pair of hands can do many things a yoni can't. Oral sex also pleases him visually, especially when a woman looks up at him as she performs oral sex on his lingam and jewels. While getting fellatio is an entirely passive act, it gives him a sense of power to see his lover service him.

The reason so many women love receiving oral sex more than any other type of sexual activity is because a soft, warm, wet tongue provides the right kind of stimulation to reach orgasm. Because men want to enable women to reach their orgasm, it's a good idea for her to gently guide his head toward the pearl or any other hot spot she wants to have licked. Cunnilingus can make a woman feel valued and allows her to surrender to orgasmic pleasures.

Oral sex is also an intimate way for both partners to explore and enjoy mutual gratification without any risk of pregnancy, though it does still present the risk of sexually transmitted diseases, making using safe sex practices important.

As with all sexual acts, oral sex should be a mutually enjoyable experience, so communication is important. It should also not be treated as a selfish act. If both partners enjoy receiving oral sex, both partners should be game to giving that pleasure. It's not about simply "going down"; it's about you and your partner honoring each other.

The Rosebud's Kiss

Anilingus is the act of orally stimulating a partner's anus. Considered far more taboo than oral sex on the genitals, kissing a partner's rosebud takes even greater vulnerability and trust. While the sensations of receiving tongue play at the back door can be mind-blowing due to the high concentration of nerve endings located in this area, giving such pleasure is not always such a welcome idea given the unclean association with this area of the body. If it is a planned part of the *Kama Sutra* exploration, take extra steps to clean this area well, perhaps using an enema for deep cleaning. By placing a barrier such as a condom cut in half, a dental dam, or even some transparent food wrap, it can still be pleasurable while avoiding direct anal contact with the tongue.

Because of the close proximity to the genitals, a kiss on the rosebud can easily be incorporated into oral play, sometimes as a quick kiss and other times as a concentrated exploration. Again, communication is an important part of keeping pleasure levels as high as possible for both partners. Never go from the rosebud to the yoni without washing your mouth out with an antiseptic mouthwash.

Honoring the Yoni

In the *Kama Sutra*, the yoni is described as resembling the opening lotus bud, and her seed (*Kama salila*) is perfumed like the lily that has newly burst—no doubt to entice men to go down and pleasure women orally.

Cunnilingus is when someone stimulates the vulva or clitoris with the mouth. This includes licking, kissing, sucking, and nibbling. Keep in mind the mouth includes the lips, tongue, throat, and teeth, so there are endless possibilities for sexual pleasure in oral sex. Plus, the genitals and parts of the mouth have many nerve endings, which means sensitivity and the opportunity for intense pleasure.

Oral play has many advantages for women. One of the advantages is the lack of risk for pregnancy from oral sex because there's no insertion of the penis into the vagina. Another benefit is that women are typically more likely to orgasm through oral sex than intercourse, as it allows for direct clitoral stimulation.

When a woman is receiving oral sex, it is the only time during the course of lovemaking that the full attention for pleasure is placed on her. Yes, it's pleasurable for you to be turning on your partner, but the concentration of stimulation is completely on her. There are 8,000 nerve fibers in the pearl (the clitoris), which is twice as many as found in the head of the lingam, making it the most sexually sensitive area of the human body. And because many women most easily reach orgasm through oral sex, this could be the time when she climaxes one or several times.

Because a woman's orgasm does not cause the same sense of exhaustion that a man feels after ejaculating, this climax doesn't necessarily mean the peak of pleasure. There is still plenty of fun to be had after causing these orgasms orally. In fact, these explosive sensations might just catapult her into a new sexual hunger.



Getting to Know the Yoni

It is very important to get to know your woman's yoni for oral sex in particular, because most women orgasm through oral sex more than through sexual intercourse. The following are the seven parts to the female sexual organs:

Vulva: This is the outer part of the vagina that is visible. It includes the pubic hair region, also called the *mound* or *mons veneris*.

Labia majora: These are the outer lips of the vagina and vary for every woman. The labia majora vary in hair, size, color, and even thickness, which is why vaginas differ in appearance. These outer lips are what make a vagina beautiful and unique to each woman, and having them licked and sucked can be extremely pleasurable.

Labia minora: These inner lips, which lie just inside the labia majora, have no hair and are much thinner than the outer lips. They run from the top of the clitoris down to the bottom of the vaginal opening. Because the labia minora are connected to the clitoris, they have many nerve endings which, if stimulated during oral sex, can result in orgasm.

Urethra: A small bumplike area located under the clitoris that's also known as the U-spot, this is where urine is expelled. Be careful stimulating it, though—it can lead to a feeling of urination.

Hymen: A thin covering at the opening of the vagina that is often a way to tell if a woman is still a virgin. The hymen can be broken when there is insertion into the vagina, whether it is through different types of sexual activity or a tampon. It can also be broken during rough physical activity, such as horseback riding. For these reasons, it's not always the best way to tell if a woman is a virgin.

Vaginal opening: This leads to the cervix and is very expandable. It can be extremely pleasurable for a woman to have the opening licked and to even have the opening penetrated by the tongue.

Clitoris: Situated near the front junction of the labia majora and above the opening of the urethra, this only has one function—sexual pleasure. Similar to the penis, it grows in size when stimulated. Many women are able to orgasm from clitoral stimulation alone.

Oral Sex Preparation

It is important for women to feel clean and fresh; therefore, she can take a warm bath or shower beforehand. However, she should not use a douche, as it will upset the pH balance of her vagina.

Discussing oral sex in an erotic manner can be a good way to get her in the mood. She can describe to you what she'd like to do or have done to her. She can even ask you to describe your fantasies for her, touching herself or guiding your hand to do so.

This kind of communication is essential for her to have the best experience. For example, some women enjoy being fingered vaginally or anally when receiving oral sex, while some do not. Telling you how she likes to be licked, kissed, and sucked is not only helpful but also very erotic for both of you.

Getting into Position

There are two basic positions for performing oral sex on your partner: reclining and riding.

A reclining position puts you in the driver's seat. As she lies flat on her back, raised slightly on her elbows, or propped up against pillows, she opens her legs to welcome your kiss upon her yoni.

In a riding position, the woman takes the reins from you and guides the action. As you lie back, she straddles your face and lowers her yoni to your waiting tongue. Because she is more in control of the angle and pressure, she can make sure all the proper pleasure buttons are pushed.

Within these two fundamental positions, the options for variety are almost endless. Making the slightest adjustment to the angle of the female body or the placement of the tongue on the yoni can lead to completely different sensations.

Just because your tongue is concentrating on her vaginal area doesn't mean you should ignore the rest of her body. Reaching up to massage her nipples or running your hands along her sides stimulates several additional erogenous zones, as does reaching down to massage her feet or legs.

Using fingers to add additional stimulation to both the inside and outside of the yoni also builds a stronger sexual response. Concentrating the tongue on her pearl while sliding a finger inside to locate her G-spot, A-spot, or other points of sensation also multiplies her excitement. And don't forget the close proximity of her rosebud, if the exploration electrifies both partners.

Three Ways to Pleasure Her

As a way to instigate imagination, here are three oral positions and techniques to help a woman experience orgasmic bliss.

The soaring lily: The woman stands with her legs wide enough to welcome you to savor her sweetness from your knees. Because her center of balance will be completely different than when she is lying down, it will awaken a multitude of new sensations when you use the tip of your tongue to make circular motions around the pearl. She can retain more control since her movements are not constrained by having her back against a bed and can help guide you toward her sexual summit.

The open rose: Starting with the female fully reclined, she opens her legs for you. Before you lower your tongue to her yoni, slip your hands under her knees and push them up and open toward her breasts. This gives you the most wide-open opportunity to explore the full range of her loveliness by using your tongue in a lapping motion, as if painting a fence from her pearl all the way to her rosebud.

The supply orchid: Starting on her hands and knees, the female lowers her face to the bed or floor, resting on a stack of pillows, if necessary. The goal is to have her backside higher than her head, which exposes her yoni more fully from underneath, allowing you oral access from the back. If this is done with her knees at the edge of a bed, you can get lower and work your way up, licking her perineum—the diamond-shaped region between her yoni and rosebud—in zigzag motions, enabling her to have a perineal orgasm.



Taking the time to seduce her through kissing and touching will put her in a better mood for oral sex. Include sucking and licking the pearl and the labia. You can also use your hands as an extension of your mouth by massaging her breasts, belly, and legs.

Honoring the Lingam

Most men enjoy having the full sexual focus placed on them through the act of fellatio. Fellatio is the delight of a mouth meeting his lingam. It can be the appetizer, main entrée, or dessert to any sexual date with your lover. You can compare oral play to a delicious meal, where your tongue savors every last morsel and your lover's sex is the heavenly dish.

Having a brain that is generally wired for more visual stimulation than a woman, watching you lovingly savor his wand of light can greatly multiply his excitement. In fact, many men have claimed to enjoy receiving oral sex more than intercourse itself.

Deep throating is a common sexual fantasy for men, because they love to watch their partner engulf their lingam. Another oral delight for men is known as “tea bagging,” where his jewels are dipped into your mouth while you run your tongue around each and suck rhythmically. While sucking his jewels, you can imagine you are savoring the flavor of fresh ripe apricots, enjoying the sweet juice without piercing the skin with your teeth.

Providing oral sex to your partner is unique to other sexual play because you're not only in full control of the pleasure, but your mouth is also the gateway to utter paradise.

Love Bites

If you have a sensitive gag reflex, it is possible to incorporate hand movements that make the sensations almost indistinguishable to him. Concentrating your lips on the head of his lingam while holding his shaft firmly at the base is one method that will send sparks through the entire region. Letting saliva run along his length and stroking him while still orally massaging the head is another way to keep him satisfied.



Getting to Know the Lingam

Before you begin, you should get to know the different parts of your lover's genitals.

Penis: This is both the man's sexual and reproductive organ. The penis has two main parts—the shaft and the glans. The *shaft* is the long part of the penis, while the *glans* are considered the “head” of the penis. The opening to the urethra is located at the very tip of the penis in the glans and is where urine and semen are expelled. The glans have the most nerves of any other part of the penis, similar to a female's clitoris; therefore, many men enjoy extra attention to this area.

Foreskin: This is a layer of skin that covers the glans. At birth, some men have the foreskin removed during what is called a *circumcision*. The foreskin is visible on a flaccid penis and looks like a thin piece of skin wrapped around the head; however, when a man is erect, it pulls back and looks just like an uncircumcised penis.

Frenulum: It is located on the underside of the head and is often referred to as his “sweet spot” because of its very sensitive nerve endings. Extra oral stimulation on the frenulum can bring a man lots of pleasure during oral sex.

Testicles: The other part of a man's genitalia besides the penis, these produce sperm and hormones such as testosterone.

Scrotum: This is the loose skin that encompasses the two testicles. Every man's scrotum is different and is often not symmetrical. The scrotum is meant to protect the testicles from injury and heat. Prior to ejaculation, the scrotum will become firmer and rise up toward the penis. Many men also enjoy stimulation to the scrotum; however, it's very sensitive, so it requires a gentle touch.

Perineum: This is the strip of skin between the scrotum and the anus. The perineum hardens when a man is turned on, and many men find it very enjoyable to be stroked or licked there.

Oral Sex Preparation

Men should clean down there beforehand. It's also a good idea for him to trim the hair around his testicles; odor can attach itself to the hair, so the less the hair, the better he will smell down there for you.

Setting the mood is important, too. You can have music, candles, and soft lighting in the room. For an additional sensory stimulation that both you and your lover will enjoy, get different flavors of lubricant to try out.

Like women, men should also talk to their partners about oral sex before engaging in it. Have him let you know what turns him on and what he'd like you to do. The more detailed his desires, the better.

Because men ejaculate semen and women don't, consider discussing beforehand how you and your lover will handle his ejaculation. Tell your lover whether you would rather swallow, spit, or have him ejaculate his semen somewhere on your body. It is important to discuss your comfort with the level of depth his penis is going. No surprises make it more likely you'll both be up for a second act.



Getting into Position

There are two basic positions for oral sex on a man: reclining and straddling.

In the reclining position, the man gives you control over his wand of light as he lies back or is seated and allows you to explore his lingam and the surrounding area. You control the movements with your hands and mouth while he does minimal thrusting, if any at all. You can stimulate the frenulum by flicking your tongue against it rapidly, followed by deep sucking motions on the head of his lingam.

In the straddling variation, he takes back the control as you recline and he straddles your pillows of compassion to slide his lingam between them and waits for your tongue to lick the tip of his lingam lovingly. Even in this position, he must respect your need for safety and comfort by maintaining a thrust that you are comfortable with.

As you massage his lingam with your tongue and lips, you can use your hands to explore his body in order to stimulate some of his other points of pleasure. For example, you can fondle his jewels or gently massage the muscles where his inner thighs meet his lower body. Reaching up to tease his nipples or rubbing a finger or thumb along his perineum stimulates his outer prostate region. And, if he's open to it, you can tease his rosebud and perhaps slide a finger inside to more directly massage his prostate from the inside.

In the Kama Sutra, there are instructions on holding the lingam in the mouth as well as the man anointing the lingam with a mixture of the powders of the white thorn apple, pepper, and honey in order to subject a woman to his will.

Three Ways to Pleasure Him

In order to open your mind about how to stimulate your man orally, consider one of the three positions and technique combinations.

The succulent bamboo: As he stands, move to your knees to take his lingam in your mouth and wrap your lips around the head, changing the rhythm from long, slow sucking to short, fast milking motions. There is more shared control in this position, as he is able to thrust as much as you are able to pull away. The stimulation is heightened by the fact that he needs to remain aware of his balance as much as his excitement.

The sprawling arrowwood: Because an erect lingam is seen pointing toward the navel, oral sex usually respects that angle and is performed at the high point of holding the lingam straight up and then moving the lips down while making humming sounds to add extra vibration. However, if you move lower down his body, forcing his lingam to point south as you suck and hum, it will spark a whole different set of sensations.

The venus fly trap: Lie on your back across the bed sideways, with your head hanging comfortably over the side. The man gently guides his lingam into your mouth, where you can move his lingam to the side of your mouth to prevent the gag reflex. The nice thing about this position is it allows you to explore your own hot spots while pleasing your partner. It also allows him to stimulate you as well by massaging your pillows of compassion or reaching down to tease your pearl or slide a finger into your yoni. If height and comfort level allows for it, he may even be inspired to lean forward and return the oral favor.

Mutual Honoring

The *Kama Sutra* explores many important factors surrounding love, intimacy, and sex, from the preparation of your body for lovemaking to the sexual stimulation of mutual honoring or 69 positioning, which is still considered one of the most erotic ways to please each other.

The 69 position is when you simultaneously give each other oral sex. It's called 69 because of the way it looks when you and your partner match your mouths to each other's sexual organs.

When both partners engage in oral sex simultaneously, the experience creates a cycle of fire between giving and receiving, the upper body and the lower body, and external sensitivities and internal fireworks that explode throughout the body as the mind races to process a multitude of sensations.

There is a lust that can be found in the 69 position that is unlike any other sexual act. Because eye contact is not possible as you focus on giving your partner oral satisfaction while also feeling the fire of a mouth exploring your own genitals race across your flesh, it creates an animalistic hunger that can be incredibly intoxicating. It's nearly impossible to be distracted away from what is being experienced in the moment.

Because both partners need to be orally stimulated at the same time, the 69 is most likely performed in a reclining position, with three variations that you and your partner can follow.

Flowering Fern

With the woman on top, she lowers her yoni to her partner's waiting lips and then bends down to embrace his lingam with her own kiss. She can either kneel with her knees on either side of his face or slide down to press her full body against his as she explores his wand of light, so both lovers are able to kiss, lick, and suck each other's genitals.



Stag Pine

In this variation, the man is on top, requiring more mindfulness. Not only should he remain on his knees so as to not put his full weight on her, but he also needs to remain aware of her comfort with his lingam in her mouth so she does not gag or feel trapped as he becomes heated with excitement. Her tongue should be licking with a smooth, steady, rhythmic motion, alternating between tongue flicking and sucking motions. He can deep kiss her pearl and then, as she gets more aroused, take both of her yoni lips between his lips to savor her love juices.

Love Bites

Typically, it's more comfortable if the lighter partner is on top—in most cases, the woman. The advantage of having the woman on top is that she can fondle her partner's jewels in conjunction with oral stimulation. This double stimulation can be extremely exciting and pleasurable.

Side Saffron

The gentlest of the three variations, both partners are on the bed with their bodies turned toward one another. This gives them both full-body support and divides control more evenly so he can spread her yoni open to give him even better access with his tongue and she can embrace his jewels and lingam with her mouth.

The lower body can be explored in ways that may not be considered from other positions. The rosebud is in close proximity, plus both partners can extend their hands along each other's legs all the way to the feet, where many pressure points and erogenous zones can be stimulated. This can create a true full-body explosion of fiery bliss.



Exploring Boundaries and Taboos

While exploring the *Kama Sutra*, a mutual respect for your partner's boundaries is essential in order for the experience to have the best possible outcome. At the same time, one of the main lessons of the *Kama Sutra* is to try new things in order to discover your highest peak of sexual satisfaction. Doing so may require pushing your boundaries or trying things outside your comfort level simply for the sake of exploration. Who knows? A sexual high could be waiting for you in something you wouldn't have previously considered exploring. The excitement of the *Kama Sutra* is the empowering feeling of becoming sexually bold and fulfilled.

This exploration may lead to an interest in trying new things, many of which may be considered taboo. Some of the more “mainstream” taboos include anal sex, sex toys, BDSM and power play, watching porn, role-playing, multiple partners, foot worship, golden showers, voyeurism, and exhibitionism.

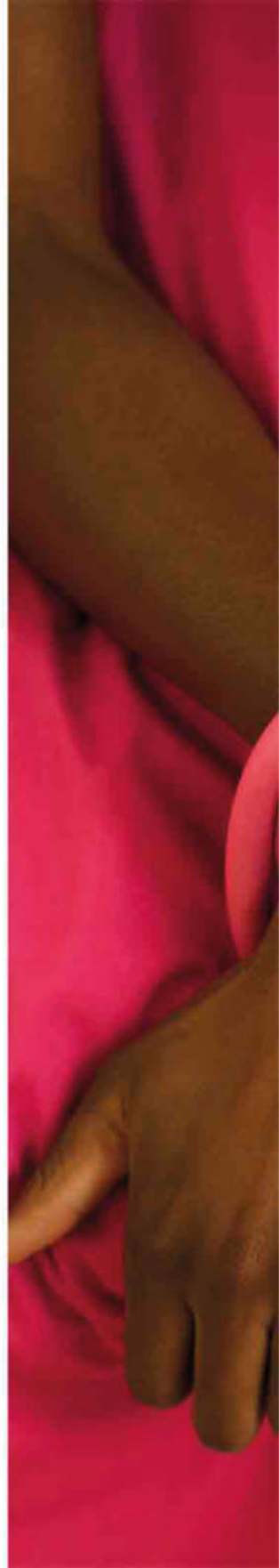
If your curiosity about these things reaches a point you want to give them a try, it can be difficult to bring it up with a partner who may or may not share your interests. Here are four simple guidelines for broaching the subject.

1. Start Outside the Bedroom

A casual conversation over dinner is a much easier conversation to have than trying to explain the surprise sex swing you've had installed over the bed. If you're out together and see something that can easily spark the conversation—like a movie title, billboard, or magazine cover—use the opportunity to introduce the topic. For example, the bestselling erotic novel by E. L. James, *50 Shades of Grey*, has stimulated open conversations about creative BDSM and power play between couples.

2. Keep It General at First

Once the topic is on the table, don't dive in with graphic detail that indicates you've given this a lot of thought. Talk about the topic generally to find out how your partner feels about it. Ask if your partner has ever considered trying it and discuss the benefits it might have to improving your relationship. For example, discuss how you or your partner taking control in a seductive way might heighten your sexual experience together. Make sure it's a conversation and not coercion; you want your partner to be just as interested as you are.





3. Talk It Through

If you agree to give it a try, talk through the details until you both feel comfortable. Decide on limits, such as using a blindfold first and then, if you like the sensation, using some restraints for the wrists or ankles. You and your partner can also come up with safe words to protect you both from going farther or doing things you don't wish to do. For example, common safe words are *red*, *yellow*, and *green*, since these represent traffic lights and are not words generally used during lovemaking.

4. Respect

Exploring taboos is ultimately about exploring sexual self-discovery. Therefore, it's quite possible that a curiosity can quickly turn into disinterest. Sexual expression is humanity at its most vulnerable, so the realization that a boundary has been pushed a step too far must be respected without pressure or judgment. Sometimes you aren't sure where your limits lie until you've passed them. If you're going to continue to grow, you must feel safe to say no. Follow these boundary procedures to empower yourself and your partner:

- ✧ Know your sexual boundaries and respect your partner's boundaries.
- ✧ Always discuss the pros and cons of new sexual activities with your partner before partaking in them.
- ✧ Discuss how the new activity made you feel with your partner and if you want to do it again.
- ✧ Don't let your partner talk you into doing something you don't want to do.
- ✧ Don't try to change your partner's mind about a sexual activity deemed unappealing by your partner.

It's both exciting and scary to explore boundaries and taboos. As long as the enthusiasm for the adventure is shared by both partners, there is much potential for self-discovery and sexual awakening.

Anal Play

Given the scope of sexual exploration found in the *Kama Sutra*, a discussion about anal pleasure is bound to come up. In fact, as you look through the positions outlined in the *Kama Sutra*, there's no denying that some of them may be better suited for anal penetration. If you are thinking about trying this, it's important to discuss with your partner how you both feel about that option and to work through any questions, concerns, doubts, or fears, especially if one partner is more interested than the other.

Many men find the concept of anal sex for women to be highly erotic, though just as many women consider it to be a strict “no-no zone.” Both sides of the discussion are understandable. Men get a huge amount of sexual satisfaction from penetrating a woman's vagina, so it's easy to see why he'd be curious about another door that gives them a tighter sensation and is so close but also a million miles away. For some women, on the other hand, they are acutely aware of how very different anal sex is from vaginal sex, not to mention that anal sex can hurt, be messy, and cause health risks.

On the flip side, there are a good percentage of men who enjoy having their own back door explored. It's the perfect way to stimulate the prostate, which is the true heart of male pleasure. Because of the stigma against men who enjoy anal stimulation, there are many that probably reserve that thrill for when they're masturbating alone rather than risk judgment by bringing it out into the open with their partner.



Rules for Anal Play

The following are some rules to follow when it comes to anal play:

1. Cleaning the anus is the best way to warm it up to the idea of being touched.
2. To avoid health risks, a barrier of some sort is highly recommended, such as a finger cot, dental dam, or condom.
3. Never go from the anus to the vagina without changing the barrier; otherwise, you run risk of spreading bacteria to the highly sensitive tissue inside the yoni.
4. If you and your partner are using toys for anal pleasure, make sure they have a flared base so they are easier to manage, control, and handle.
5. Regardless of what kind of anal play is happening, the partner being penetrated must always remain in full control and be respected at all times.
6. Because the anus does not produce lubricant like the penis and vagina do, use ample lubricant. However, avoid oil-based ones, which can deteriorate latex.

Rosebud Massages

Before moving into anal sex, you can begin this exploration by giving your partner a sensual massage. The following are a couple types of massages you can use.

External rosebud massage: Start by caressing the buttock cheeks with a feathery stroke, barely touching the skin with your fingertips and creating some anticipation of what is to come.

Next, pour some massage glide or lubricant in your hands and rub them together so they will be nice and warm to the touch. Place your hands on your partner's lower back as you stroke all around, up and down, and over the buttocks. Gently spread the cheeks apart, squeezing them between your thumb and fingers as you begin to knead them sensually. Use flowing movements with the pads and the palms of your hands on one buttock at a time.

Internal rosebud massage: Use the pad of your thumb to trace the outline of the rosebud, which is surrounded by sensitive nerve endings, and gently push inward as you focus on your partner's body language. If your partner pulls away, stop; if your partner pushes into your thumb, continue to massage the anus.

Ask your partner if going deeper is okay. If the answer is no, just continue to massage around the rosebud, on the buttock cheeks, and inside the thighs. If the answer is yes, move your forefinger inward gently, paying close attention to your partner's resistance. If your partner tightens the sphincter muscles, keep your finger in place until the muscles are relaxed.

If your partner is male, as your finger progresses deeper, search for the hero spot by bending your finger in a "come here" gesture 1 or 2 inches (2.5 to 5 cm) inside the rosebud. You should feel a nut-sized spongy area, which is his prostate gland. Ask your partner to describe what he's feeling and if he's enjoying the experience, moving your finger all around his H-spot in circular motions. Women don't have a prostate gland, but penetration of the rosebud can be equally as pleasurable, as it can stimulate her G-spot, resulting in orgasms and even female ejaculation.

As you massage the rosebud with one hand, slowly slide the fingers of your other hand up the landing strip (perineum) from her rosebud to her yoni or his rosebud to the jewels.

Love Bites

Another prelude to anal sex is anilingus, also known as rimming or oral sex on the anus. For this, it is vital you practice safer sex, as it can lead to bacteria. Cover the anus with a barrier, such as a dental dam, a condom cut open, or even transparent food wrap.

Take a Breather

Many men have the misperception that because a woman is used to being penetrated vaginally, it shouldn't be that different to be penetrated anally. This couldn't be further from the truth. If you're the woman and don't feel comfortable with anal penetration, one quick way to shut down the discussion is to suggest that if he's going to come in through your back door, you're going to strap one on and come in through his. Odds are good that will stop the conversation.

Anal Sex for Women

When it comes to anal sex with a female partner, it needs to be handled very delicately. The tissues of the anus are highly sensitive and must be treated with gentleness, patience, and respect.

Begin anal penetration with a finger or small anal toy and plenty of lubricant. Just put the tip in and hold it there while your partner breathes deeply and relaxes her sphincter muscles. Next, ask her if she wants it a little deeper; only if she says “yes” do you continue to penetrate in slow motion. Let her hold your condom-covered lingam and guide it into her rosebud. When moving, you must be careful in the beginning not to use deep, fast thrusting motions that you might use during vaginal intercourse.

Always remember that your partner must retain full control when it comes to the speed, depth, or when to stop at any time.



Anal Sex for Men

Many men have specific anal play preferences because no prostate or rectum is alike. For example, some men find sex toys hit their prostate in a manner that is most pleasurable for them, while others prefer digital (in other words, finger) stimulation.

A man can play with his anus in any position. It's always a good idea to use lubricant. Some men enjoy inserting their own finger or fingers into their rectum. Because the way our bodies, hands, and wrists are designed, a man can reach his own prostate. While lying on his back, he can insert his middle finger or index finger and touch his prostate.

However, by using sex toys on your male partner to enhance prostate play, he has the advantage of experiencing new sensations. They can enhance his erection and make orgasms more intense, especially if the prostate is stimulated at the same time.

If you decide to penetrate using sex toys on your partner, make sure it has smooth edges and a flared base to keep the toy from disappearing into his anus.

Using a vibrating prostate massage toy can provide wonderful sensations to anal play for many men. Each man enjoys stimulation in different ways, so it's important to experiment with how his body responds. Once you are both comfortable with the penetration, you can start thrusting, being sure to add more lubricant as you go along.

Some men enjoy the vibration on their perineum, while others enjoy gentle insertion and leaving the curved, vibrating toy cupped around their prostate. By combining the in-and-out motion and vibrations, you can provide a unique combo sensation that most prostates enjoy.

Love Bites

As you flip through the *Kama Sutra* positions, it will become quite obvious which ones are best suited for anal penetration. However, here are six good places to start:

- Aibha (The Elephant)
- Majara (The Cat)
- Samdamsha (The Pair of Tongs)
- Svanaka (The Dog)
- Utpiditaka (The High Squeeze)
- Vadavaka (The Mare)

A Toy Box for Grown-Ups (Sex Toys)

Sex toys weren't exactly all the rage when the *Kama Sutra* was written 1,800 years ago, but it should be noted they weren't nonexistent. In fact, a siltstone phallus was discovered in a cave in Germany that appears to be 30,000 years old. If that's not interesting enough, consider that it appears the tool was used for sexual satisfaction on one end and to help start fires on the other end. Now that's a multipurpose tool!

Today, you can get sex toys made out of realistic jelly rubber; silicone; and elastomer, a hypoallergenic material most suitable for people with allergic reactions or chemical sensitivities.

The following are some common types of sex toys:

- * Vibrators, such as eggs; bullets; massagers; and clitoral, G, U, A-spot, and prostate
- * Dildos, such as vaginal, anal, and double-ended
- * Nipple toys, such as clamps and suction cups
- * Exercisers, such as ben wa balls and other Kegel exercisers
- * Bondage, dominance, sadism, and masochism (BDSM) paraphernalia, such as restraints, handcuffs, and leather whips

If you're looking at some of these terms and finding them more confusing than any of the ancient Sanskrit that is sprinkled throughout this book, that's okay; the exploration is part of the fun. Go online and type "sex toys" in your favorite search engine, and prepare to have your mind (and other body parts) blown.



Why You Should Try Sex Toys

Incorporating sex toys into masturbation seems obvious, but how do you bring them into the bedroom when you're not flying solo and still avoid any awkwardness?

If you're reading a book on the *Kama Sutra*, odds are good you're looking to spice things up anyway. So if you're ready to ask your partner to do a naked backbend in the kitchen while you mount them like a love monkey, can it really be so uncomfortable to ask them how they feel about nipple clamps?

Plus, there are many intimacy benefits for bringing sex toys into partner play:

- * They help couples spice up a predictable sex life.
- * They bring an additional element of fun and playfulness.
- * They can reduce the performance pressure for either partner.
- * They expand both partners' sexual horizons.
- * They increase the potential for multiple orgasms.

If you both decide to bring sex toys into mutual play, it's important to discuss any concerns, such as "Will my partner feel inadequate?" or "Will I only be able to reach orgasm with sex toys?" These should feel like enhancements, not replacements, so be sensitive to and respectful of your partner's point of view.

How Can These Toys Be Used?

This is where your creativity, curiosity, and comfort level come into play. You can multiply sexual sensations by using a sex toy on any erogenous zone from head to toe, but especially on primary sexual zones, such as the pillows of compassion, pearl, perineum, lingam, yoni, jewels, and rosebud. You can use a toy to pleasure yourself while you are honoring your partner. You can also lie side by side with your partner and masturbate together while you kiss. It's all up to you, so give yourself permission to have some adult playtime.

They're called *toys* because they're supposed to inspire a sense of play and fun. Get comfortable, get creative, and get off on turning it on.

Take a Breather

Keep in mind that it is just as easy to transmit infections and disease by sharing sex toys as it is through body-to-body sexual contact. Most sex toys are porous and should be cleaned well with mild soap and water or sex toy cleaner after each use.

And *never* should a toy go from being inserted in the anus to being inserted in the vagina, because this puts the woman at a high risk of bacterial infection. The only exception is if you use a condom on the toy for anal play and switch to a new condom before moving the toy to the vagina.



Games for Grown-Ups

(Fantasies and Role-Playing)

In the *Kama Sutra*, there are many references to playing games in order to woo a new lover. From playing with cards, dice, or pebbles; to making garlands of flowers; to even role-playing members of a fictitious family, couples were as playful then as they are today.

Sharing your romantic, sensual, and most erotic fantasies with your partner is a way to bring new dimensions to sexual exploration with your partner. The more comfortable you become with your partner, and the more the two of you explore the boundaries of your sexuality together, the easier it will be to share your fantasies. Indulging yourselves in living out your sexual fantasies can add an incredible amount of romance and zest to your sex life while bringing you closer together.

Sharing fantasies is also a great way to enhance your psychological sexual fitness and boost intimacy. Sexual fantasies can boost your arousal, provide an avenue of exciting escape, and soothe stress-driven living. Think of all the fun you'll have talking to your partner about erotic stimuli, role-playing, and mutually consensual activities.

The goal of role-playing is to feed into the fantasy life you and your partner have while keeping the relationship contained in the safe shelter of your partnership. In other words, it's a way to use your imagination to excite the brain into a sexual thrill ride without unbuckling the safety belt of your commitment.

The following are 10 fantasy scenarios to help spark you and your partner's creativity. Take turns with the various roles and switch up the fantasies. Dare to have fun and push your boundaries so you step outside of your comfort zone.

The Hitchhiker

You're driving home from the store, dripping wet from the rain, when you see someone standing on the side of the road, thumb in the air. It's not like you at all to pull over, but this storm isn't letting up anytime soon, and this person looks harmless enough. As the hitchhiker slides in next to you with a smile of gratitude, you feel a warmth wash over you in spite of your wet clothes. Before you can stop yourself, you offer the person a chance to come by your place for a hot shower and a warm meal, though the look in your eyes indicates that dinner might have to wait.

Take a Breather

Start the conversation outside of the bedroom when you're able to talk it through; don't suddenly try to spring it on your partner during sex. Above all else, you must have a shared respect. It's fine to ask your partner to test boundaries, but you must also be willing to only go as far as your partner feels comfortable.

The Repairperson

Oh no, the kitchen sink is broken again. You call the repair shop, and they send over the only person still working at this late hour. You open the door to be greeted by the friendly smile of the person who has come by to fix your pipes. As the repairperson slides under the sink, you watch the seductive opening of the person's legs while working. When the repairperson asks you to test the water, you straddle the body to turn it on, smiling down at the repairperson. Suddenly the sink isn't the only thing getting wet.

The Cop

Well, it looks like someone's in trouble again. There's a knock on the door and you answer it to find an officer glaring at you. "Do you want to answer some questions here, or would you rather come down to the station?" You open the door, letting the cop inside. It seems there's been a flasher startling a couple people in town and, strangely, you fit the description. "It isn't you, you say?" the cop asks. "I'm afraid I need a bit more proof. I have a police sketch of the perpetrator, so if you'd kindly remove your clothes, it will be easier to confirm if you're guilty or not." Come on now, you've got to respect an officer of the law. You don't want the handcuffs, do you?

The Spy

Imagine coming home early from work and entering the house quietly. As you kick off your shoes by the door, you hear a moan down the hall. Curious, you follow the sound to the bedroom, where you peek in to see your partner lying back on the bed, masturbating. Your partner doesn't know you're there, but you hear the moan of your name as your partner moves closer to climax. Suddenly your partner turns and sees you, and momentary embarrassment turns into an invitation.

The Client

You swear you've never made a call like this before, but a friend suggested it and you just wanted to give it a try. I mean, it's just a massage, right? How dangerous can that be? It's not like anything dirty actually happens in these situations. "Wait, what do you mean by special services? Of course I want to feel good. Doesn't everybody? A 'happy ending'? That sounds promising. What exactly does that mean? You want to show me? Okay. I mean, you're the professional. I'm sure I'm in good hands."

The Wake-Up

What's the fairy tale where a magical kiss wakes someone from a deep sleep? You should probably be doing something else in the middle of the day, but you just need to take a nap. Unfortunately, it's too bright in your bedroom to get any decent shut-eye. Oh wait, here's a mask that blocks out the sun. It works perfectly and you fall into a restful sleep. Moments later, you hear a rustling in the room and start to remove the mask to see who it is, but you're stopped with a hand on yours and a soft "shhhhhh." You leave the mask on even as you feel your clothes start to slide off.



The Doctor

Remember in the old days when doctors made house calls? Wouldn't that be nice to find again? Well, it's your lucky day, as a new doctor in town is bringing back that old tradition and happens to have a last-minute opening. As the doctor comes in, you realize this is no ordinary doctor, and the energy between you is more magical than medical. As you undress for your examination, it's hard to deny how badly you want to slip off the doctor's jacket as well. It turns out you might be in luck, because that doctor's bag may just have a few surprises for you, as long as you're a good patient and do what you're told.



The Stranger

You're a stranger at a hotel in a strange town. Your spouse was supposed to come along on this trip but had to cancel at the last minute, so here you are at the bar, sulking. A sexy stranger comes in and sits beside you. It turns out the stranger is here for the same convention, so you share a couple cocktails as you talk about business. However, it becomes more and more obvious you'd like to open more than a new account. As you walk back to your room, you're not quite ready to say goodnight. What's the harm in having a nightcap together while checking out the sunset from the window next to your bed?

The Teacher

Like everyone else, you've got things you can learn, and sometimes the best teachers are the tutors that come by at your convenience. As you sit close together while going over the diagrams in a thick book, you can't help but notice the way your teacher's shirt is unbuttoned a little bit, giving you a glimpse of skin. The room is a little warm and you're suddenly paying more attention to the small drip of sweat slipping down the teacher's neck than the words on the page. When the teacher turns to make sure you're following along, you have to admit that the only lesson you're interested in learning can't be taught with a book—it has to be learned with the body.

The Thief

You're home alone on a dark night when you hear a noise in the guest bedroom. Carefully making your way down the hall, you're startled to find a masked figure climbing in the window. Once you're seen, the chase is on, and you're grabbed just before you're able to get to your phone and call for help. As you're pinned against the floor, this thief straddles your body, trying to figure out what to do with you. Though you should be scared, there's no denying the heat that is building in the area where your bodies are touching. Suddenly, it's all so clear. There might not be breaking, but there's definitely going to be some entering.

Part 4

Take Your Position

When people hear “*Kama Sutra*,” they know it’s the most famous book ever written on love and unique sexual positions. However, it’s filled with plenty of sexual tips and techniques to spice up any modern-day relationship, making it about much more than just physical gratification. By becoming mindful of the total lovemaking experience, it’s possible to take your relationship with your partner to a higher level of intimacy.

In this part, you learn different sexual positions, along with the multitude of mental, physical, and emotional stimulation for both men and women they contain.

Variations

As you've seen in the sections on kissing, embracing, scratching, biting, and tapping, the *Kama Sutra* is incredibly detailed when it comes to variations. This attention to detail is present throughout the original text, with explanations regarding on which side of a woman a man should sit before sex, with which hand he should take her hair, and the exact moment for when to deliver a love strike on your partner's back.

Things are more relaxed these days in regard to what to do during sex, so I'm going to take a looser approach. I'm here to give you some insight into the concepts presented in the *Kama Sutra*, plus some tools to consider taking into your bedroom, trusting that you and your partner can figure out how to best apply these concepts to your own lovemaking goals and desires.

In reality, the number of possible sexual positions is almost limitless. The slightest shift in direction, angle, weight, rhythm, or numerous other variables—and any combinations thereof—completely alters a multitude of sensations. Some of the positions I will be presenting will seem quite similar but with very subtle differences—that's on purpose. The idea is to get you experimenting. Each time you take a basic position, change one element and pay attention to the changes it creates, you become more mindful of your lovemaking and your partner, which is the entire goal of this book.

Basic Variation Questions

When you begin to explore new sexual positions, there are three basic questions to ask:

- * Which way are you facing?
- * Are you reclining, sitting, or standing?
- * Who's on top?

Each of these elements is important, and the mix and match of these fundamentals will help you and your partner create any number of positions that far exceed what I will outline in the following pages.

The positions I am including here based on the preceding questions are strong representations of what the *Kama Sutra* represents, but it is not a full account of every position discussed in the *Kama Sutra*. These are simply positions that will hopefully inspire your own creativity when it comes to sexual exploration. You can take the elements you like from two different positions and see if you can combine them, or take a position as presented but adjust one leg slightly or have one (or both) partner add a slight variation to see how much it changes the sensation. These are not sexual rules; they are sensual suggestions that will hopefully inspire you to create your own erotic workbook.

Love Bites

There is actually a fourth question, which is "What stroking (thrusting) technique best suits this position?" That question will get a more thorough discussion once I've laid some basic groundwork.



Face-to-Face

As a general rule, face-to-face positions offer greater emotional connectivity. You can look deeply into your partner's eyes and feel the warm breath as you both move through your pleasure. Many times, you are literally heart to heart as you activate the pressure points of pleasure in the pubic area, groin, and inside of the thighs. As these points are stimulated, the blood to the genitals increases, which multiplies sensation.

There is a slower build of sexual anticipation in face-to-face positions, because you are able to read your partner's expressions and communicate more easily, which oftentimes leads to a more careful, connected lovemaking session with a focus on how the energy flows between the two of you.

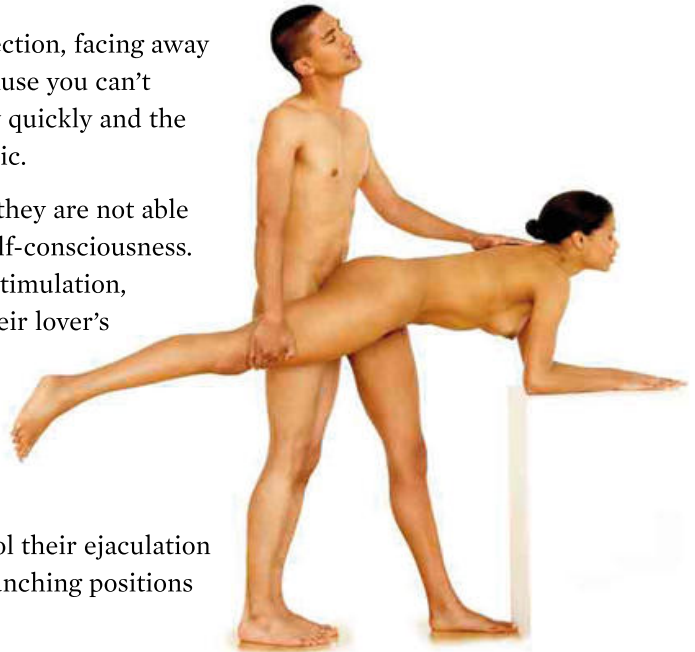
Kama Sutra representations: Vijrimbhita (The Yawn) and Avalambita (Standing Suspended).

Reverse

Whereas facing your partner is about intimate connection, facing away from your partner is about personal carnal lust. Because you can't see your partner's face, erotic excitement builds very quickly and the penetration and stimulation becomes more animalistic.

Many women find orgasm easier in positions where they are not able to see their partner's face because it reduces their self-consciousness. And given a lot of men are highly aroused by visual stimulation, reverse positions offer an exciting new way to see their lover's body. Because this new point of view can be such a turn-on, reverse positions can be helpful for men who have difficulty getting or staying erect. If a man is finding it hard to reach his climax, oftentimes switching into a reverse position will do the trick. On the flipside, men who struggle to control their ejaculation and want to last longer should avoid these rocket-launching positions until they're ready to blast off.

Kama Sutra representations: Varaha (The Boar) and Vadavaka (The Mare).



Reclining

Reclining positions are the most relaxed, offering at least one partner full-body support by the bed or floor. The top partner can be facing in a variety of ways; in fact, I have included two positions where the top partner rotates, Bhramara (The Queen Bee) and Paravrittaka (The Turning Position). Meanwhile, the reclining partner is oftentimes privy to the erotic show of watching the other lover take command of the lovemaking session, which can be immensely satisfying.

Reclining positions offer the most variety for playing with power roles, as they are the only positions where the woman can take full charge of the session. Pushing her man back on the bed and climbing on top to embrace his lingam with her wanting yoni can easily drive even the quietest of couples into screaming ecstasy.

Kama Sutra representations: Indrankia (The Position of Indrani) and Samdamsha (The Pair of Tongs).



Sitting

For several of the positions where the man is reclining, it is possible for him to sit up in order to add a new dimension to the lovemaking experience. Doing so may give him access to parts of her body he didn't have while lying back, thereby increasing stimulation for both. It can also create an opportunity to kiss his partner in a way that is more comfortable for her.

Moving into a seated position from a reclining one often indicates the level of passion has increased immensely for the man and he's trying to take back a little bit of the control from his lover. This power struggle could easily become the highlight of the session.

Kama Sutra representation: Kshiraniraka (The Milk and Water).



Standing

Standing positions create a whole different center of gravity for both partners that can ignite a world of new pleasure centers. These are adventurous positions that express a shared amount of trust and playfulness. Senses are usually heightened as partners work together to maintain balance as well as stimulation. This is by far the sexiest kind of teamwork imaginable!

Many standing positions are also good for quickies, as their ease of penetration takes little more than an open zipper and a raised skirt. They are great positions to add to your sexual repertoire if you're in a highly sexual relationship prone to sudden urges to find a closet and get off together.

Kama Sutra representations: Sthita (The Supported Stand) and Ashva (The Horse).



The Queen's Throne (Woman on Top)

Placing the female partner in the dominant role can be an extraordinary way to empower her sexuality, allowing her to control her own pleasure while the male enjoys watching her pleasure herself on him. She controls the speed and depth of penetration and has more control over the angle in which the lingam enters her yoni, allowing her to better direct him to the various hot spots within her sacred space, as well as making sure her pearl gets the attention it needs.

When the woman is on top, she is oftentimes also given opportunities to more comfortably give her partner additional stimulation. She can tease his nipples, explore his various erogenous zones, and have easier access to gently play with his jewels or massage his prostate by rubbing his perineum or slipping her finger into his rosebud.

Kama Sutra representations: Bhramara (The Queen Bee) and Prenkhoolita (The Swing).





The King's Throne (Man on Top)

The most common sexual positions, *Kama Sutra* or otherwise, place the man in the power position. As things have evolved since the days the *Kama Sutra* was written and women have worked toward sexual equality, more and more couples are finding ways to equal the playing field, even when the man is on top. It can be incredibly stimulating for a man to hover over his partner while she writhes beneath him, using his stillness to turn herself on, in turn driving him wild.

Just because a majority of the sexual positions are man on top, that certainly doesn't mean they are boring or without merit. Both partners can greatly enjoy their roles in these exploits, especially as the female brain is generally wired to nurture while the male brain is wired to be the caretaker. Both these needs are met when she is able to share his lust and he is able to give her pleasure.

Kama Sutra representations: Karkata (The Crab) and Vyaghra (The Tiger).

Subtle Changes for Big Results

Within these generalities, there is a world of subtle variations to explore. Starting with one of the most basic positions, such as Vijrimbhitaka (The Yawn), consider how you can put your own spin on it with these things:

- ✧ The location of your hands
- ✧ The placement of your feet
- ✧ The direction of your face
- ✧ The tilt of your hips
- ✧ The angle of your chest
- ✧ The rotation of your pelvis
- ✧ The curve of your back
- ✧ The spread of your legs
- ✧ The depth of the lingam
- ✧ The tightness of the yoni

Maybe it seems like these options are few; however, they do, in fact, create numerous opportunities to mix and match.

Consider the first one alone: the location of the hands. The man could place his hands on her breasts, stomach, waist, hips, face, buttocks, shoulders, stomach, thighs, feet, breasts, vulva, head, nipples, back, or pearl. Keep in mind, he has two hands, so he can stimulate any two of these at the same time and then move on to two more and then two more and then two more while she's doing the same thing to him. And that's just when he thinks about where to place his hands.

The Adventure of It All

When people think about the *Kama Sutra*, they usually think about the craziest sexual positions imaginable. And it's possible that you flipped through this book and paused on a couple pictures, trying to figure out exactly how the models managed to get into certain poses long enough for a picture to be taken, let alone achieving actual penetration for any length of time.

Relax. This isn't a test. You don't need to successfully complete all of the positions outlined in order to win the honor of being King and Queen of the *Kama Sutra*. There is no such award ceremony that I'm aware of, though you're more than welcome to celebrate as a couple in any way you'd like when you reach your intimacy and sexual goals.

Every position offers its benefits and drawbacks.

The easier positions don't offer a lot of physical challenge, but they do offer a great opportunity to build your intimate connection, explore erogenous zones, and discover the subtleties that drive your partner wild. You can have a relaxed exploration that lasts longer and includes a lot of communication and slow burn. You might even find the man may lose his erection or you both become so enraptured by the intimacy that intercourse may or may not happen. If you're sharing the goal and the journey, there are certainly no complaints in playing it safe and easy.

Accomplishing some of the more-challenging positions may feel worthy of an Olympic medal and cheers from a crowd marveling at your prowess. It's exhilarating to push your limits, test your boundaries, and move beyond your comfort zone into a sexual achievement you didn't think you could manage. It's cause for celebration, and there's no shame in giving your partner a high-five. Because a lot of these more difficult positions require concentration (and, many times, balance), what can be lost is the emotional intimacy in exchange for the physical pleasure.

The questions to ask yourself and each other before any sexual exploration are these:

- * What am I hoping to experience?
- * What are you hoping to experience?
- * What can this add to our relationship?
- * How can we help each other reach these goals?
- * How can we have the most fun together?

Take a Breather

It may feel like a lot to think about, and it is; however, it should never become frustrating. Basically, it's about finding that fine balance where you've become mindful without being overwhelmed. The goal is to get in synch with your partner to the point where you can stop thinking and simply experience the exhilaration together.

The Good Strokes

Many people may not give a lot of thought to various ways to thrust during intercourse other than fast and slow or shallow and deep. Just as important as who's on top and whether or not you're able to make eye contact with your partner is the stroking (or thrusting) technique being used, as each one can offer various sensations that either or both partners may be seeking. The *Kama Sutra* outlines nine options.

Upasripta (Moving Forward)

This is your basic thrusting motion, with the lingam moving back and forth in the yoni by utilizing the muscles in the lower body and hips. While it is most common to consider this an action done by the man, a woman can also be in charge of this motion by having her male partner remain still while she uses her hips to move against him.

When people think about sex, this is the thrusting technique they likely imagine, but just because it's common doesn't mean it isn't powerful. Quite the opposite—it's popular for a reason! It can be used in any position that allows even minimal range of motion, and its ease and comfort makes it great for when you want to enjoy the simple pleasures of sexual intimacy without giving it a lot of thought. When you do want to mix it up a bit, it's quite stimulating to allow the woman to control the movements while the man remains still. Try it with Dhenuka (The Cow) or Prenkholita (The Swing).

Manthana (Churning)

Churning involves the woman holding the lingam at the base and moving it in circles within her yoni. This must be in a position that allows for good support and balance, as the woman needs to have one free hand available to churn her lover. Because of the placement of her hand at the base, full penetration is not possible, but she can more fully explore her yoni and the various inner hot spots, such as the G-spot.

This stroke is done slowly in order for both partners to receive the most pleasure benefits. As the woman holds the man's lingam, she can give additional stimulation to her partner by wrapping her thumb and forefinger around the base of his lingam and using the three other fingers to simultaneously titillate his scrotum. By rotating her hips while also churning his lingam, she doubles the stimulation for both herself and her lover. Try it with Vadavaka (The Mare) or Shulachita (Fixing a Nail).

Hula (Piercing)

One of the variations of the Moving Forward motion, Piercing takes a bit of focus to achieve. The female tilts her yoni by arching her back slightly and pressing her backside into the bed, which brings her clitoris forward. The man places his lingam along the outside of her body so the shaft rubs along the clitoris as he slides down and enters.

This playful and teasing stroke is used when the goal is to extend the pleasure over a longer period of time. The man can slide down and in once and then continue with penetrating strokes or he can slide his lingam down over her clitoris, dip into her sacred space to his full length, and then slide out completely to lay his lingam above her clitoris to start the journey all over again. Try it with Utphallaka (The Flower in Bloom) or Vijrimbhitaka (The Yawn).

Avamardana (Rubbing)

The opposite of Piercing, Rubbing is a great stroke for stimulating the G-spot. The female curves her stomach a bit, as if beginning to do a sit-up exercise, to open her yoni at a different angle. The man then enters from below, allowing the crown of the lingam to run along the roof of the vaginal wall.

This is a great stroke to use with any position where the woman is comfortably reclining with her legs open. The man can assist with creating the curve of the yoni by placing one or both knees under her buttocks or adding a couple pillows that lift her hips slightly higher than her head. As she leans forward to kiss her lover, the curve of her lower body welcomes his lingam to dance with her G-spot. Try it with Indrankia (The Position of Indrani) or Karkata (The Crab).



Piditaka (Pressing)

Pressing is a great technique when too much thrusting is pushing you and your partner closer to the edge of climax faster than you want to get there. The man slides his lingam fully into the yoni and then pauses there, feeling her fully holding him inside. She can stimulate the lingam even in stillness by utilizing the muscles in her yoni to massage him gently.

This is a good stroke to use in positions with limited range of motion, as the concentration is on how both partners utilize their PC muscles to perform a bandha with the lingam resting at full penetration. It allows lovers to concentrate on the full-body experience of their lovemaking by allowing them time to explore how other parts of their body are reacting to the sensations. As the yoni gently milks the lingam, they can massage their nipples, kiss tenderly, or slide their hands along their lover's legs to send additional sparks to the genitals. Try it with Majara (The Cat) or Kshiraniraka (The Milk and Water).

Nirghata (Giving a Blow)

A very animalistic stroke, Giving a Blow involves sliding the lingam completely out of the yoni and then plunging back into the depths. This can be done slowly and gently or fast and ferociously—just make sure the woman is very wet and open in order to easily accept the penetration.

This aggressive stroke is great for when both partners are ready to give into their most lustful desires. It's usually accompanied by an increase in vocal release as the grunts, groans, and gasps of sexual hunger will no longer be denied. If you have managed to keep the stimulation for both of you at the same level, this stroke is perfect for when you are ready to drive over the edge of explosive, orgasmic euphoria. Try it with Gardabha (The Donkey) or Samdamsha (The Pair of Tongs).

Varahaghata (Blow of a Boar)

The Blow of a Boar stroke involves a man concentrating his thrusts on various angles of penetration within the yoni. If you imagine the inside of the yoni looking like a clock (with 12:00 pointing toward her navel), the man concentrates his thrusts to strike 3:00, doing these repeatedly to test her pleasure response. The man then moves on to 6:00, 9:00, and 12:00 until he finds the spot that makes time stand still.

This stroke is good when the man wants to take it slow and bring his partner to her highest level of pleasure. It works well for positions where the woman is on her knees and he is kneeling behind her, as he can explore a multitude of angles. This is also a nice stroke if the man has ejaculated already and they are now in their second sexual session, as it will take him longer to reach climax, thereby increasing pleasure for both of them. Try it with Ardhapiditaka (The Half Squeeze) or Svanaka (The Dog).



Vrishaghata (Blow of a Bull)

The Blow of a Bull is similar to the concept of Churning but removes the assistance of the hand. As the lingam slides to its full depth within the yoni, the man rotates his hips up and around and not just back and forth in order to change the angle enough to fully explore his inner sanctuary.

Stroking in this way is best for positions that offer the deepest penetration. It's especially hot when the man is also able to comfortably reach the woman's pearl in order to multiply the waves of pleasure that rush through her sacred space. Of course, it's fine if the woman can reach her own pearl, but since this stroke is about the man seeking her highest pleasure, it'd be nice if he was doing so from the outside as well as the depths of her yoni. Try it with Bhugnaka (The Rising) or Aja (The Goat).

Chatakavilasa (Sporting of a Sparrow)

The Sporting of a Sparrow is the technique most men already use when they are nearing climax. The thrusts are fast and steady but with less full-length stroking. Instead, the majority of the lingam remains within the hug of the yoni without ever completely exiting.

This stroke is good when the lingam is at its most sensitive and the slightest sensation will send it spilling over the edge. This is also a good stroke for when the woman has neared her sexual peak faster than he has and he wants to catch up. She can pull him up to her level by milking him with her PC muscles in a bandha as he thrusts passionately. This works well in almost any position, even those with limited range of motion, as the thrusts are shallow but powerful. Try it with Vyaghra (The Tiger) or Avalambitaka (Standing Suspended).

Samputa (The Claspingsupine)

DIFFICULTY:



MOVEMENT:

Slow and intense

This is a fantastic introductory position to the *Kama Sutra* for partners who are roughly the same size and weight. The subtlety of the movements and the head-to-toe body contact—complete with mouth-to-mouth connection—create one of the most erotic positions in all of the *Kama Sutra*. As the female's thighs remain close together, the male lingam enjoys the pulse of a tighter yoni. When doing this position, it's important for the man to pay particular attention to his partner, as he will be on her with his full weight.



Performing the Clasping Supine

As the woman comfortably reclines onto a soft surface that supports her full body, she welcomes her partner to lie across her and align his body with hers. With the woman's thighs relatively close together, the man aligns his lingam with the peek-a-boo access of her yoni. He slowly penetrates her, continuing to move his body to mirror hers, as both interlock their hands and stretch them above their heads.

As their mouths come together, he uses the muscles in his backside and toes, as well as their interlocked hands, for leverage as he subtly slides back and forth.

Spicing Up the Clasping Supine

One way to vary this position involves a shift in rhythm. With the woman's permission, the man quickens his thrusts. As he fully covers her, his pelvic bone grinds more feverishly against her clitoris.

An alternative variation involves the man shifting his body slightly so he is at an angle instead of directly over her by resting both his elbows next to one of her shoulders.



Hotness for Her

The full-body contact can be an incredible turn-on for a woman as she feels her lover along the complete line of her flesh. The ease with which the partners can kiss and whisper with intense eye contact also adds an additional thrill. When she is allowed to take control and watch his lust build as she milks him with her yoni, she may discover her inner tigress. Finally, the constant grind against her often-ignored clitoris can punctuate the experience with a pounding orgasm.

Hotness for Him

To fully shelter his lover with his entire body can create great pleasure for a gentle man. He may also enjoy great stimulation by the tightening of her yoni, created by having her thighs closer together. The close proximity of their faces allows for an up-close reveal to him of the pleasures moving through her body. Plus, handing her the reins and letting her grind herself to ecstasy beneath him may just be the life-changing experience he didn't even know he needed!

Tila-Tandulaka

(The Sesame Seed with Rice)

DIFFICULTY: 
MOVEMENT: **Slow and intense**

Taking its name from the way the two bodies rub together like the grinding of sesame seeds and rice, the Sesame Seed with Rice is one of the most sensuous positions. With subtle and gentle movements that resemble hugging as much as lovemaking, the tranquility in this position creates undeniable intimacy. Much of the passion found in the Sesame Seed with Rice is discovered by making the moves as small and intentional as possible.



Hotness for Her

Because the man's head is resting in between her breasts, the woman can feel cozy in this slow and nurturing position. The ease with which he can stimulate her nipples with his tongue and mouth can even increase her sex drive. As his body is fully against hers, the gentle rocking of his pelvis against her clitoris can flood her with even greater excitement and satisfaction.

Hotness for Him

The Sesame Seed with Rice is also a very soothing position for a man. Increased hotness happens when they rotate and his lingam experiences new sensations on the head and the shaft. As the position is spiced up, he can find additional thrills as he watches his partner respond to the deep kissing, nipple play, and clitoral stimulation.

Performing the Sesame Seed with Rice

The woman reclines and opens her thighs to give the man's lingam a gentle welcome. Arms and legs become interwoven as the man rests his head against the woman's breasts during penetration. By opening his legs gradually, he can spread her legs even wider until they discover the best angle for ultimate pleasure.

Once they are settled into the right groove, he thrusts gently, allowing for an exquisite, slow dance between his lingam and her yoni. The rhythm can be slowed all the way to stillness, with the only movements being in the tensing and releasing of sexual muscles. Because of the placement of his head on her breasts, stimulating her further by licking and sucking her nipples can heighten her pleasure and even result in a nipple orgasm.



Spicing Up the Sesame Seed with Rice

Partners can lie facing each other during their embrace to have a more-relaxing position and better share control. Tipping his head up, the man can share a passionate kiss with the woman that results in a lustful surge as he passes her a shot of testosterone off his tongue.

Partners can also rotate so the female is on top, allowing her to be in a power position and to control the movements. The man can slide his hands along her back to her buttocks, opening her cheeks and even massaging her rosebud if she so desires.

Pidita

(The Sweet Press)

DIFFICULTY:     

MOVEMENT: Slow and intense

The Sweet Press offers the gift of giving direct stimulation to the woman's pearl. Because her legs are not wide open, it doesn't offer an opportunity for deep penetration. However, that is more than made up for with the intimacy awarded by the close proximity of the partners' faces during a very relaxed pose.



Performing the Sweet Press

The woman lounges back with her full body supported by the bed or floor. She peeks her thighs open just enough to allow him to slide his lingam between them in order to pierce her yoni. His thighs rest against hers and his upper body is supported by his arms as both partners begin to grind against one another with their groins, pubic bones, and thighs. Though he doesn't want to rest his full weight on her, the man does want to give enough pressure from his pubic bone against her pearl to elicit the most pleasure possible.

Spicing Up the Sweet Press

Using the piercing thrust can greatly enhance her excitability level. The man begins with his lingam against her belly, in the area just below her navel. He then slides down so his shaft drags over the hood of her pearl before her yoni opens to welcome him.

The power player can also be flipped by having the woman take the top position and interlock her hands with his. She then uses this for leverage to slide her body up and down his lingam.



Hotness for Her

Full and extensive pearl stimulation gives this position many hotness high marks from women. Having her partner's face so close to hers also allows for a spike in intimacy due to the ease of kissing, whispering, and eye contact.

Hotness for Him

Though the penetration may not be deep, the lingam still experiences a myriad of delicious sensations through the Sweet Press. With the woman's thighs close together, it tightens the entrance to her yoni, creating a stronger grip for heightened arousal for him. The enjoyment of her clitoral stimulation is also much more apparent when his face is close enough to hers to watch every small eruption of pleasure take place.

Veshtita

(The Twining Embrace)

DIFFICULTY:     
MOVEMENT: Slow and intense

In Sanskrit, *Veshtita* means “entwining.” In its *Kama Sutra* incarnation, this entwining happens when the woman envelops the man between her legs, allowing him to be surrounded by bliss and creating an intense, interwoven connection of body and soul. This very seductive position can result in reaching simultaneous orgasmic heights. Not only is it easy for lovers to kiss and share intimate whispers, but with their full bodies pressed together, they are able to align all of their chakras, creating an extraordinary flow of intense and sensual energy.



Hotness for Her

This position can be incredibly hot for the woman. As the man transfers libido-boosting testosterone through open-mouth kissing, she can lead her lover to the position that gives her the most pleasure. She can also guide his rhythmic thrusting with the pressure she places on his backside with her foot to let him know whether to move faster or slower.

Hotness for Him

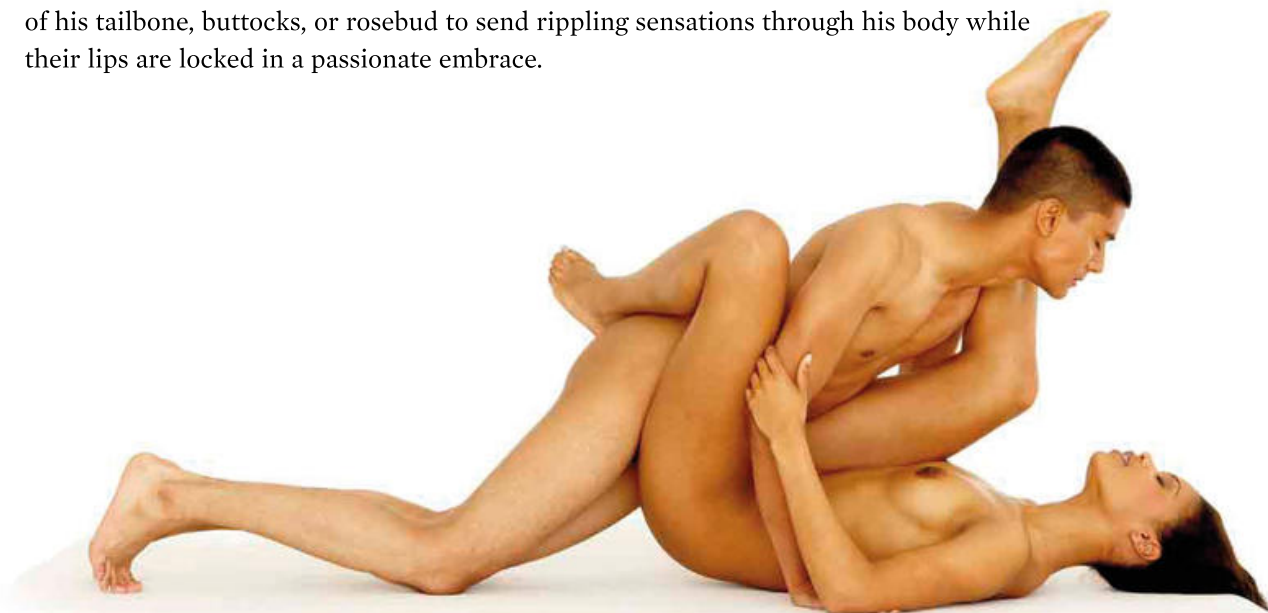
The man can find extraordinary pleasure in the added benefit of the subtle back massage from his partner's foot while he makes love to her. Feeling his partner guide him toward her own pleasure by changing the pressure of her foot intensifies his desire. The close proximity of their faces also allows him to see the erotic expressions he brings to his partner and to hear the lust build while he easily tastes the desire of her kiss.

Performing the Twining Embrace

In this full-body contact pose, the woman lies back and spreads her legs for her lover. She receives his lingam into her yoni and raises one leg to wrap it around him. She may rest her foot on the back of his thigh, buttocks, or lower back and guide his motions with gentle or strong pressure from it—the higher up she slides her foot, the more powerful the penetration. Mindful attention to eye contact, kissing, body caresses, and hip motion all contribute to this intimate heart-to-heart pose. The man's weight is easily adjusted with his arms, and she may switch legs to make new discoveries.

Spicing Up the Twining Embrace

To spice up this position, the woman can slide her leg up to rest on her partner's shoulder and rotate her hips outward for deeper penetration. She may also use the heel of her foot to massage the base of his tailbone, buttocks, or rosebud to send rippling sensations through his body while their lips are locked in a passionate embrace.



Utphallaka (The Flower in Bloom)

DIFFICULTY: 
MOVEMENT: Mild to wild

One of the most basic sexual positions, the Flower in Bloom is also one of the best for achieving simultaneous orgasms. When used as part of *Kama Sutra* practice, the mission is to make the experience more mindful and not just a means to physical stimulation. Because the pose is so basic, it allows both partners to place their attention elsewhere and enhance the emotional connection that can take something straightforward and shoot it into a mind-blowing hemisphere.



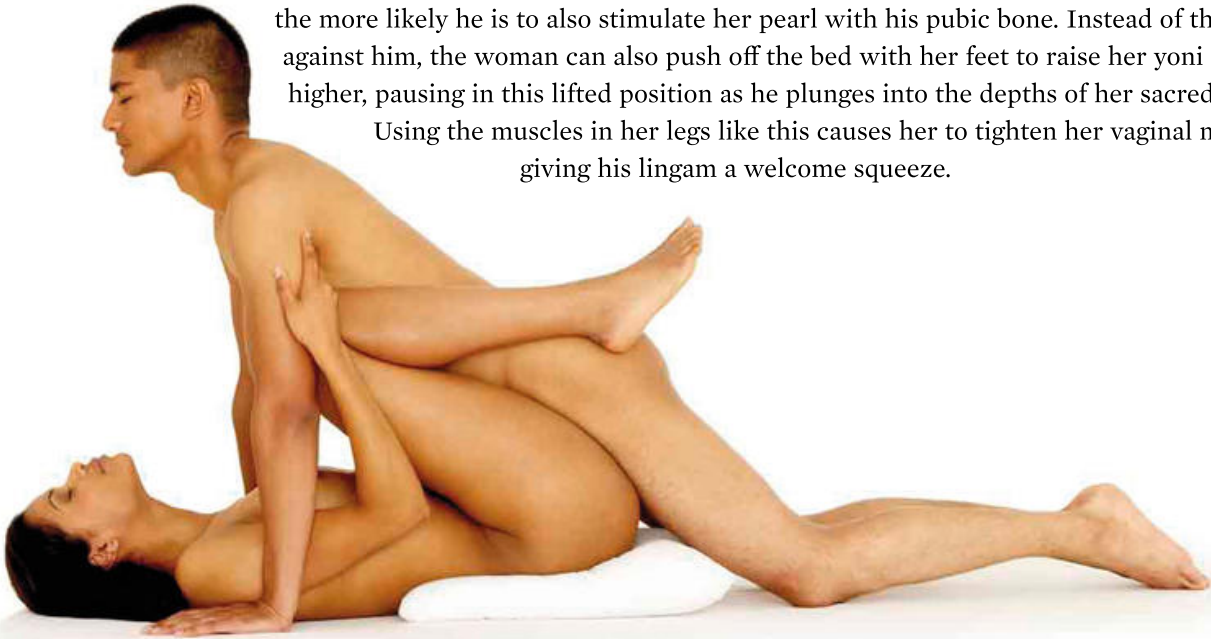
Performing the Flower in Bloom

The woman raises her yoni slightly higher than her head; this can be accomplished with a couple pillows tucked under her lower back and bottom. She then places her feet against the bed in a wide but comfortable stance, opening her delicate yoni petals to lovingly welcome her partner's lingam. He leans between her legs to enter her, using his hands to balance his upper body above her. Because the yoni has been shifted higher, he should be able to more easily graze her G-spot as he explores different thrusting techniques.

Spicing Up the Flower in Bloom

To quickly spark this position, the woman can lift her feet off the bed, sending a series of new thrills through both partners as their genitals dance. The closer he lowers his body to cover hers, the more likely he is to also stimulate her pearl with his pubic bone. Instead of thrusting against him, the woman can also push off the bed with her feet to raise her yoni even higher, pausing in this lifted position as he plunges into the depths of her sacred space.

Using the muscles in her legs like this causes her to tighten her vaginal muscles, giving his lingam a welcome squeeze.



Hotness for Her

Because the Flower in Bloom is one of the more-comfortable positions, it gives her an opportunity to fantasize and surrender to orgasmic bliss.

For the woman who prefers direct physical stimulation, she can easily fondle her pillows of compassion and stimulate her pearl on her way to multiple sexual orgasms.

Hotness for Him

This power position allows a man to be in control and choose from a variety of thrusting techniques. With the added visual stimulation that a man gets watching his partner's arousal build as she fondles her pillows of compassion, the only thing hotter is to hear her moans of pleasure, the word "yes," and his name during her full-body orgasm. If the goal is to have simultaneous orgasms, this is the perfect position for him to gauge her level of stimulation.

Vijrimbhitaka

(The Yawn)

DIFFICULTY:     
MOVEMENT: Mild to wild

Reminiscent of the basic missionary position, the Yawn takes its name from the restful recline of the woman's body as she welcomes her lover. This is also a good position to take out of the bedroom and onto the kitchen table, sofa, or desktop in the office (just be sure to lock the door!).

There are many variations available within this easy position to discover a multitude of stimulations. Adjusting leg placement, as well as thrusting speed and rhythm, has the potential to send both partners into sexual orbit.



Performing the Yawn

As the woman reclines, she opens her yoni to embrace her partner's lingam. Varying the width at which she holds her legs alters the depth he is able to reach. She can also raise and lower her legs for added effect. Lowering her legs so her feet touch the bed or floor increases clitoral stimulation, while raising them high enough to rest on his shoulders gives him a better angle to reach her G-spot as he thrusts.



Spicing Up the Yawn

If she has the strength, flexibility, and comfort level to do so, she can straighten her legs instead of having them bent at the knee. This allows her partner to hold her open by the ankles, greatly expanding her yoni for even deeper penetration. As he supports her legs, she can reach down to stimulate her nipples and pearl.

Alternatively, he can lean forward between her open legs to grind his pelvis against her pearl while licking her nipples or passionately kissing her as they ride the wave of pleasure.

Hotness for Her

With her entire body supported other than her legs, this is a very comfortable position for a woman once she's warmed up enough to enjoy deep penetration. Though this is a male-dominant position, she can control her pleasure level quite extensively by altering her leg placement and width. Because her hands are free, she can also explore her partner's body, as well as tease her own hot spots, to heighten her enjoyment. Easy eye gazing and kissing also add to the sensuality of a Yawn that is anything but boring.

Hotness for Him

Many men enjoy how visual this position can be. Not only can he watch the excitement build across his lover's entire body as he pushes her closer to her sexual peak, but he can also watch his lingam slide in and out of his lover while racing toward his own sexual summit. Any adjustment of her legs changes the feel and depth of his penetration. If he is able to hold her legs open by the ankles while plunging into her depths as she screams out in ecstasy, he will most certainly feel like a sexual king.

Bhugnaka (The Rising)

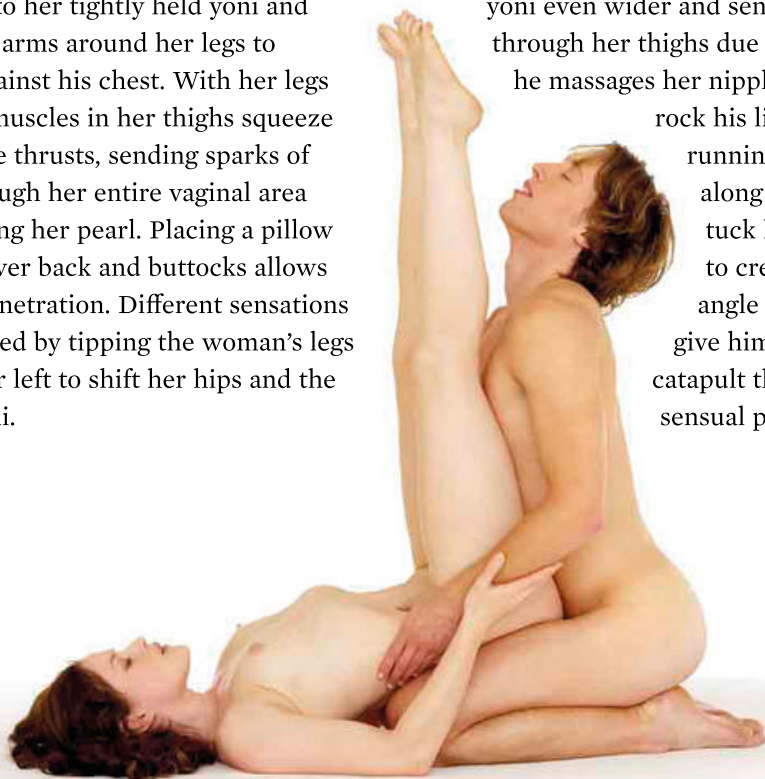
DIFFICULTY: 
MOVEMENT: **Slow and intense**

The Rising is an easy, basic *Kama Sutra* pose that offers a great deal of genital stimulation. Though the woman is in a seemingly passive position, she has a great deal of control over the pleasure as she utilizes the muscles in her thighs and yoni to milk her partner's lingam. Because the partners are not able to kiss and embrace, this is a less-intimate position. However, it's a great exercise in building sexual excitement while maintaining eye contact as the various sensations play through both partners' bodies.



Performing the Rising

The woman reclines back against the bed and raises her legs in the air, keeping them held tightly together. The man slides in behind her, slipping his lingam into her tightly held yoni and wrapping his arms around her legs to hold them against his chest. With her legs upright, the muscles in her thighs squeeze together as he thrusts, sending sparks of pleasure through her entire vaginal area and stimulating her pearl. Placing a pillow under her lower back and buttocks allows for deeper penetration. Different sensations can be explored by tipping the woman's legs to the right or left to shift her hips and the tilt of her yoni.



Spicing Up the Rising

To add some additional heat, the man can lean forward enough to reach her breasts. This will push her legs slightly closer to her face, opening her yoni even wider and sending rippling sensations through her thighs due to the muscle stretch. As he massages her nipples to erect points, he can rock his lingam deep inside her, running the head of his penis along her G-spot. He can also tuck his knees under her bottom to create an exhilarating new angle of penetration that will give him an open invitation to catapult them both into sensational sensual paradise.

Hotness for Her

She greatly enjoys the stretch her legs receive as they rest against her partner while her yoni is massaged and her pearl throbs. She can reach down to tease and bring herself even more clitoral pleasure while her other hand teases a pert nipple as she watches her partner tip her legs from side to side in search of the perfect angle for them both to reach ideal genital stimulation.

Hotness for Him

Feeling his partner's legs rest against his stomach and chest while he moves his lingam back and forth within her tightened yoni is incredibly stimulating for a man. Taking further control by shifting the angle of her legs in order to find deeper, hotter, and tighter penetration is an additional bonus, especially as he watches her play with her breasts while she moans through the excitement he delivers with each new discovery.

Piditaka

(The Full Squeeze)

DIFFICULTY:     
MOVEMENT: Slow and intense

One of the slower-moving positions found within the *Kama Sutra*, the Full Squeeze packs a lot of pleasure into its stillness. The limited movements allow for a heightened awareness of each subtle sensation, with the smallest shift eliciting extraordinary pleasure. She might massage her breasts as he reaches around her legs to gently stroke her clitoris with his thumb as they rock through the slow dance of this pose.



Hotness for Her

As long as her legs are comfortable, this is a very relaxed position for a woman. She gets to feel her partner take full control while also adding in her special treats by tightening the muscles in her thighs and watching the reaction on his face as he feels the change in sexual sensation. Free to massage her own body, from her pillows of compassion to her pearl, she is also able to make sure she gets the exact pleasure she needs.

Hotness for Him

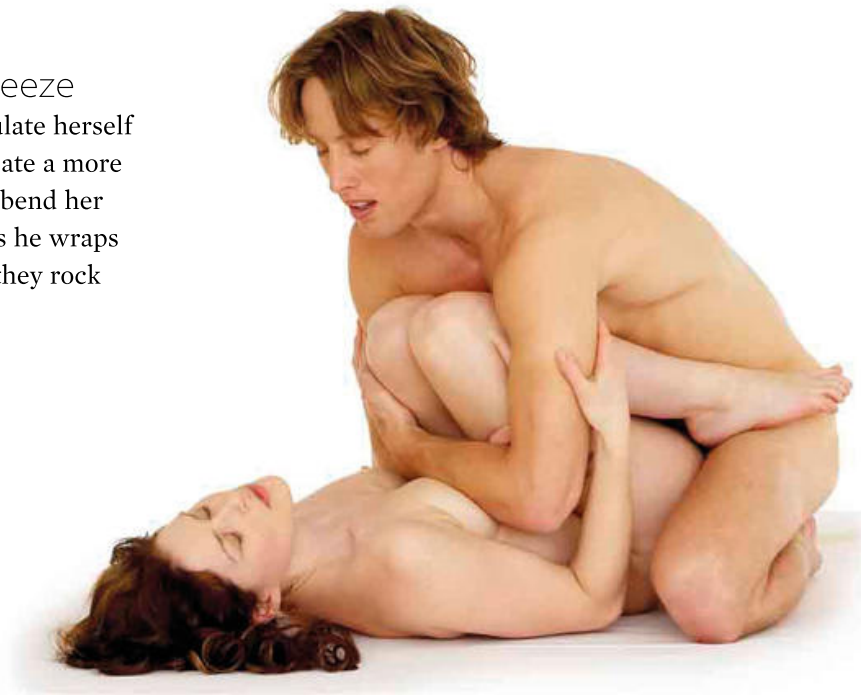
This is a very powerful position for a man, because he fully controls the penetration other than what she can add by squeezing her thighs. As he watches his partner's face while he seductively explores her yoni, he can enjoy knowing he is giving her that look of excitement and eliciting those moans and gasps of pleasure as he hits all her hot spots.

Performing the Full Squeeze

Lying on her back, the woman raises her legs and crosses her ankles. The man approaches by kneeling in front of her with one leg bent by her hip and the other extending back against the bed, resembling a lunge. She can keep her legs in the air or rest her crossed ankles against one of his shoulders as he grips her hips to control his penetration. Placing a pillow under her back can elevate her and provide even more stimulation. With a slow, rocking motion, he pulses his lingam against the inside of her yoni as she surrenders to the stimulation. As she rests her ankles against his shoulder, he can caress her legs and the sensitive erogenous zones in her feet or slide his hands down the front of her legs to massage her pearl with his thumb.

Spicing Up the Full Squeeze

With free hands, the woman can stimulate herself in any area that is within reach. To create a more direct line of eye contact, she can also bend her knees and tuck them under his arms as he wraps his forearms around her thighs while they rock together in sweet unison.



Ardhapiditaka

(The Half Squeeze)

DIFFICULTY:     
MOVEMENT: **Slow and intense**

A variation on the Full Squeeze that allows for a bit more movement, the Half Squeeze opens up a few more options—both literally and figuratively. The woman takes back more of the control, but the pleasure responsibility here mainly remains with the man. In this position, the woman's yoni is completely exposed so that her partner can penetrate as deeply as she desires. Simultaneously, they can eye-gaze while he caresses her body to increase their adrenaline and release dopamine, a craving hormone from the reward center of the brain.



Performing the Half Squeeze

The woman bends one leg at the knee and places her foot against her partner's chest while her other leg swings open, allowing her to adjust the width of her yoni and the depth of penetration. The man slides in by placing one bent knee next to her thigh while his other leg extends back slightly. With her legs open, he is able to further stimulate her more easily with his fingers by exploring her nipples, sides, stomach, and pearl.

Spicing Up the Half Squeeze

For extra stimulation, the man can hold both of the woman's ankles and help her comfortably change which foot rests against his chest and which one swings open. Switching the angle of her lower body this way creates a whirlwind of new sensations for both of them to experience as his lingam rubs within new areas of her yoni. Partners can also give the Half Squeeze a half-turn by having the woman face away from her partner and place her chest against the bed or another support. As she hooks her legs around his back, the press becomes an invitation for his wand of light to penetrate her sacred space.



Hotness for Her

With more control than she had with the Full Press, there is more power to be enjoyed within this position for the woman, meaning she is able to better control her own satisfaction. She can explore her own external erogenous zones while her lover explores her internal room of love. As she feels him press against her G- and A-spots, she can apply just the right amount of stimulation to her pearl to send herself over the edge.

Hotness for Him

Though he is in the power position, his partner is fully engaged in the shared enjoyment to be found in this position. As he penetrates her yoni, he can hold her feet, adjusting their placement as he seeks the sweet spot. He can also easily access her pearl for additional stimulation while watching her use her legs to locate the best placement in order to grip him in a way that makes her explode as she pulls him to the edge with her.

Karkata

(The Crab)

DIFFICULTY: 
MOVEMENT: **Slow and intense**

A comfortable transition from some of the more-challenging *Kama Sutra* poses like the Sweet Press or the Rising, the Crab invites intimacy and strong penetration by relaxing the legs and widening the yoni. While there are many thrusting options with this position, it is recommended that the man use long, slow, and intense thrusts in order to maximize the physical response of this deeply sensual connection.



Hotness for Her

As long as there isn't too much strain on her thighs and hips, this can be a very relaxed, soothing pose for her to explore several sensational options. The control of his thrusts, along with the ability for maximum depth penetration, can trigger a multitude of exquisite vibrations throughout her body. The ease with which she can further stimulate her nipples and pearl only help fan the flames of desire that threaten to set the bed on fire.

Hotness for Him

Feeling his woman relax and open up for him with a sigh of sexual relief is incredibly empowering to a man. Plus, watching her welcome his lingam with lustful anticipation makes his hunger for her even stronger. By concentrating on steady, controlled, and teasing thrusts, he can feel the way every subtle move ripples through her body and watch her tease her nipples and pearl with wild longing while she coos and moans over each new ridge of his taunting dance.



Performing the Crab

While resting comfortably on her back, the woman pulls her knees toward her breasts and opens her thighs wide enough to welcome her lover. He cups her legs behind the knee as he guides his lingam into her yoni, gently pushing her legs up so the tops of her thighs move close to her belly. With deep, concentrated thrusts, he slides his lingam in fully to the base and rests there for a moment as she massages his stiffness with her PC muscles. He then slides back, leaving just the head of his lingam between her labia, before plunging in again and again.

Spicing Up the Crab

Utilizing a stack of pillows, both partners can experiment with a variety of options that alter how the penetration feels. One option is to stack pillows under her buttocks with several more behind her upper back so the lingam slides in at an upward angle and she bounces down upon the man's groin. Conversely, partners can work together to slide her legs up his sides to eventually rest on his shoulders. Being mindful of the sensational changes that take place while maintaining eye contact can be an exhilarating thrill.

Samdamsha

(The Pair of Tongs)

DIFFICULTY:     
MOVEMENT: Mild to wild

The Pair of Tongs is the easiest of the woman-on-top poses and allows her to exercise all of her skills as a sexually powerful goddess. By remaining mindful of her partner's level of pleasure, she can hold him at his sexual peak for an extended period of time, easing off and warming up in order to keep him right where she needs him until she's ready to release her own explosive climax.



Performing the Pair of Tongs

The man places a pillow behind his head and shoulders. The woman then straddles him and lowers her yoni to embrace his waiting lingam as she settles onto her knees on either side of his hips. As he slides in to his full length, she pauses to gently squeeze him with her PC muscles, pulling him toward his fullest erection. She then begins to gently ride him, adjusting her speed and lifting to best accommodate her sexual needs while paying attention to his level of excitement in order to not send him over the edge. Leaning forward to rest her hands on his chest or either side of his head allows her pearl to be stimulated by his pubic bone and belly while she grinds against him.



Spicing Up the Pair of Tongs

If she has the strength and flexibility in her knees and hips, she can squat over him with her feet on the bed instead of resting on her knees. Doing this opens her yoni to its full capacity and takes him to the limit of her depth. Leaning back to rest her hands on either side of his knees as she rides directs his lingam to make contact more easily with her G-spot and allows him to reach up to tease her pearl and help push her toward an explosive, juicy finish.

Hotness for Her

Taking control of her pleasure, as well as being able to keep her partner where she needs him, is incredibly hot for many women. As she watches her partner react to the manipulations of her yoni when she tenses and releases her PC muscles, she will feel the surge of power more commonly reserved for the male perspective of sex.

Hotness for Him

Lying back and watching his partner straddle him and slowly lower herself to take in his lingam can be almost as stimulating as the sensations he will experience as she begins to use her muscles to polish his wand of light. He is also able to enjoy her sexual artistry as she accesses every trick and maneuver she can think of to thrust them both into the sexual stratosphere.

Kshiraniraka

(The Milk and Water)

DIFFICULTY: 
MOVEMENT: **Slow and intense**

The *Kama Sutra* formally lists the Milk and Water as an embrace and not a sexual position. However, it lends itself so well to sexual union that I chose to include it here. Like any great embrace, the Milk and Water is about creating a strong, intimate connection that is as much about passion as it is about release. The flow of sexual energy moves through each partner as the shared heat grows and expands through their full bodies.



Performing the Milk and Water

As the man sits in a solid chair that can easily handle both partners' combined weight, the woman lowers herself onto his lap, taking in his lingam. Because her feet are off the ground, the range of motion is limited, but she can use his shoulders as leverage to raise and lower her pelvis. He can also wrap his hands around her to hold her buttocks, guiding her up and down. Both partners can tense and release their PC muscles to enhance the sensations felt as their genitals pulse together.



Spicing Up the Milk and Water

With her legs wrapped around the back of the chair as an anchor, she can spice up this pose by leaning back with her hands on his shoulders to create more space between their racing hearts. She can also continue to lean back even farther, resting her elbows on a second chair, desk, or ottoman, to allow him to slide his hands over her breasts and down to tease her pearl as she grinds against him.

Hotness for Her

Because the Milk and Water is inspired by an embrace, it offers an extreme amount of intimacy that many women find incredibly hot. With their bodies pressed tightly together, both hearts begin to beat as one. The limited range of motion can also be incredibly seductive as they work together to find the pleasure in the stillness. The ease for kissing, eye contact, and whispering sensual flirtations is hot for women who desire a strong emotional connection as much as a sexual connection.

Hotness for Him

The Milk and Water pose creates an opportunity to enjoy an intimate connection for the man while he also experiences a highly sexual exercise in stimulation, seduction, and muscle control. With her full body pressed against his, he can feel every muscle in her body react as his lingam pulses inside her. Tasting the passion build on her lips as they rock together toward an explosive finish could easily inspire him to more openly embrace his intimate side.

Sthita

(The Supported Stand)

DIFFICULTY:     
MOVEMENT: **Fast and passionate**

When a couple makes love leaning against a wall or standing, it is called *Sthita*. One of the more-challenging positions found in the *Kama Sutra*, this overflows with passion. It gives the impression that the sexual desire is so immediate, it can't wait for the convenience of a bed, which amps up the heat. A great position to keep in mind when a quickie is on the menu, this is the sexiest tango and one that will leave both partners breathless.



Performing the Supported Stand

Standing against a wall or doorway for support and balance, the woman wraps her arms around her partner as she lifts her leg to wrap around his waist, inviting his lingam to penetrate her yoni. Height differences may make it necessary for him to squat slightly in order to get the best alignment of the genitals. He can help support her leg or wrap his hands around to grip her buttocks as she bounces gently on his lingam while he thrusts up and into her.

Spicing Up the Supported Stand

The Supported Stand is a great “quickie” position, so it’s a good one to keep in mind when both partners have managed to get each other hot and bothered for a while without being free to release the lustful desire. A way to spice up this position is doing it while both partners remain mostly dressed, perhaps after sneaking off to the bathroom or closet during a party.

Another way to spice up this position is for the man to prop his foot up on something sturdy. This will make access to her yoni easier and give him more leverage for thrusting.



Hotness for Her

Giving into extreme sexual desire that is so uncontrollable she and her partner don’t even care to get undressed makes this a very hot pose. Passionate kissing so the man can transfer libido-boosting testosterone into his partner’s mouth and feeling the penetration is intense and orgasmic for her. It’s also likely that she can get perfect friction against her pearl as his wand of light sends sparks of pleasure from her head to her toes.

Hotness for Him

Nothing is hotter for a lot of men than feeling their partner filled with sexual abandon so strong she has to have him right here and right now. This lustful position is all about her having a need that only he can fill. Penetration won’t be that deep as she keeps one foot on the floor for balance, but her juicy desire and ravenous appreciation for his lingam more than make up for it.

Gardabha (The Donkey)

DIFFICULTY: 
MOVEMENT: **Slow and intense**

The donkey is one of the easiest of the standing positions, placing little strain on either partner. It doesn't take any strength or flexibility, so it's a great way to start exploring the *Kama Sutra*. This is like one partner walking up behind the other for a hug, making this pose familiar and comfortable. It's now about adding the element of fire to turn an embrace into a sexual act.





Performing the Donkey

The woman stands with her legs shoulder-width apart, leaning forward just enough to rest her hands on her thighs or knees. Glancing over her shoulder with a slight arch in her back, she welcomes her lover to approach and slide his lingam into her welcoming yoni. If height differences make penetration challenging, he can crouch slightly to allow for easier entry, or she can stand on a stable surface to get her yoni higher. Because the woman does not bend over very far, penetration won't be deep; still, there's plenty of stimulation as he wraps his arms around her to fondle her nipples or pearl.

Spicing Up the Donkey

Playing with various thrusting techniques and speeds, as well as utilizing the pulsing of the PC muscles, can add many levels of excitement to this position. She can also lift one foot off the ground and rest it on a stable surface in order to further open up her yoni. As the man holds her by the waist, she can use one hand to rub her pearl while her other hand reaches down between her legs to give her partner the unexpected but exciting surprise of massaging his testicles.

Hotness for Her

Given there is little strain on her body in what is still a pretty adventurous pose, she can explore many new sensations that arise from being in a different position for sexual stimulation than she is usually used to. The ease with which her breasts and pearl can also be stimulated is another great reason that she will find this position to be a welcome addition to her sexual repertoire.

Hotness for Him

It can be very hot for a man to slide his lingam across his partner's lower back and buttocks before dipping his stick into her honey pot. As they rock together, he can wrap his arms around her to feel her surrender to the physical sensations he is giving her. And if he is met by the pleasant surprise of suddenly feeling her warm hand massaging his scrotum as he thrusts into her, it could easily push him over the edge.

Svanaka (The Dog)

DIFFICULTY: 
MOVEMENT: Mild to wild

“Doggy style” is one of the basic sexual positions most people know about. Positions that don’t easily allow for eye contact are usually considered more animalistic, because the focus of pleasure shifts more to personal gratification than mutual satisfaction. Both partners still want the other to feel good, but the hunger burns hotter for their own release.



Hotness for Her

Because she's not able to see her partner's face, she can focus on her own pleasure and release her inner sexual animal while bumping and grinding until she finds the center of her own sensational stimulation. If she lowers her chest closer to the bed, she creates a better opportunity for her G-spot to be stimulated. She can also reach back with one hand and rub her pearl for even more pleasure.

Hotness for Him

Most men find extraordinary power in embracing the opportunity to release their animalistic side. Because penetration is relatively direct, he can more easily take his thrusting up a notch and give in to his most carnal need. Bending down to rest his chest against her back, he can reach around to enjoy feeling her breasts bounce as he pumps against her and to tease her pearl while feeling himself slide in and out of her delicious yoni.

Performing the Dog

The woman gets on her hands and knees as the man mounts her from behind. As he slides his lingam into her yoni, they are both greeted with a variety of options for building carnal desire. He can remain upright with his hands on her hips to control penetration, or he can lower himself to her back in order to reach around and fondle her breasts and pearl while kissing the back of her neck. She can raise or lower her chest by bending or straightening her elbows, which allows his lingam to strike different hot spots within her yoni.

Spicing Up the Dog

One way to spice up the Dog is to switch control of the penetration from the man to the woman. As he holds her by the hips, she remains still as she grinds against him until she finds the spot that brings her the most pleasure and allows his lingam to hit her just where she needs it the most. Another way to spice it up is for her to straddle one of his legs so she can lift and lower her leg by raising it to the side in order to change the angle of her yoni as he penetrates.



Aibha

(The Elephant)

DIFFICULTY:     
MOVEMENT: Mild to wild

The Elephant is aptly named so that large, heavy men do not try this position with small female partners. Because the male has his full body pressed against the female's back, there can be a great deal of intimacy as his hands caress her pillows of compassion and her pearl. Penetration may be shallow and slow, but the touching and opportunity to whisper words of love more than make up for it.



Performing the Elephant

The woman rests comfortably on her stomach, arms and legs stretched out in a relaxed fashion. Her partner joins her by lying across her back to fully cover her as he slides his lingam up her inner thighs to slip into her welcoming yoni. Depending on his weight and her comfort level, he can lower himself fully onto her back or keep himself raised slightly with his forearms or hands. Full-body contact from head to toe intensifies their connection, even when eye contact isn't possible. He can lean close and whisper his gratitude and love into her ear, covering her cheek with soft kisses as he gently grinds against her backside.

Spicing Up the Elephant

Sliding his hands under her body to cup her breasts, the man can then guide them as they roll onto their sides without breaking their genital connection. The release of his weight off her body will flood her with relief as the cool air of the room titillates her newly exposed front side. While the ability to thrust becomes more limited on their sides, he can slip his hand down her belly to massage her pearl while she opens her top leg and drapes it over his top leg to grant him deeper penetration.



Hotness for Her

The hotness of the Elephant for most women is the serenity of feeling fully surrounded by their partner's love, comforted by his sexual embrace. As she is pressed to the bed by the weight of her partner's body, she can feel his heart beat against her back while his lingam pulses against the front walls of her yoni and stimulates her G- and A-spots.

Hotness for Him

Fully covering a willing partner with his strong body is a hot way for a man to feel the burst of power the male brain finds so stimulating. Combining that with the emotional connection found with the full-body press against his partner's flesh from head to toe can send explosive messages to every area of his body and brain to let him know this is a moment of pure bliss.

Harina

(The Deer)

DIFFICULTY: 
MOVEMENT: **Slow and intense**

This variation of the Dog position creates a playful and sexy opportunity to explore new pleasure centers. It also allows for the exploration of a variety of thrusting techniques that can lead to heightened sexual fulfillment. Deer are some of the most graceful animals in nature, so to honor their poise, this position requires more fluid and controlled movements instead of the rawer exercise of the Dog.



Hotness for Her

While the Dog is more animalistic, the Deer is a tender alternative that appeals to many women, because it is slower and the pleasure feels more shared than selfish. As their bodies glide together, she can find the stimulations that excite her the most. She is also free to massage her breasts and pearl in order to get to where she most wants to be on the pleasure scale.

Hotness for Him

The slower movements of the Deer allow the man to pay attention to the small changes in sensation that each shift and thrust brings to his lingam and entire sexual self. While holding his partner by the waist and becoming mindful of every sensation and sound, he can watch and listen as her body reacts to the pleasure he delivers.

Performing the Deer

Like the Dog, this position begins with the man penetrating his partner from behind as she rests on her hands and knees on the bed or floor. She lifts her face toward the ceiling in order to arch her back as his lingam gently enters her yoni. Placing his hands on her hips, he rotates his own hips in order to fully explore the walls of her inner palace. Because of the lustful nature that oftentimes accompanies positions without eye contact, making the conscious decision to keep movements slow and deliberate actually intensifies the pleasure instead of diminishing it.

Spicing Up the Deer

Because the movements are more careful and controlled, spicing up the Deer can be done by incorporating muscle locking and the sensual points of erogenous zones. As the man slides his full lingam to the deepest corner of her yoni, he can pause to allow them both to exercise their PC muscles. As he pulses within her, she can respond by hugging him back with a Kegel kiss. She can also massage the pressure points on the side of her buttocks or the base of her tailbone to send additional waves of sexual electricity through her genitals.



Varaha

(The Boar)

DIFFICULTY:     
MOVEMENT: **Fast and passionate**

This famous handstand position is another variation on the Dog; however, the Boar creates an opportunity for even deeper penetration that just might push any sense of inhibition out the window for good. This male-dominant position could possibly be the hottest ride in town if he wants to drive her pleasure over the edge. Animalistic in nature, partners are encouraged to release every grunt and growl inspired by their lustful freedom.



Performing the Boar

Starting on her hands and knees, the woman then bends her arms so her forearms rest on the bed. This props her rear end higher than her head and opens her yoni to the widest potential available in a kneeling position. As the man slides his lingam into her welcoming warmth, it puts him on the direct path toward her G-spot. He can hold her by the hips or slide one or both hands up to her shoulders for leverage as he thrusts passionately and deeply.

Spicing Up the Boar

To spice up the Boar, the woman can take a more active role by grinding back against him, creating the sensation their genitals are slamming together in the middle instead of him bringing it all to her. She can also extend her legs back into a push-up position so that her weight shifts from her knees to her pelvis. It's also quite possible he can stimulate the sexual trifecta of her pearl, her G-spot, and the rosebud of her anus all at the same time and take her to a level of sexual ecstasy she's never experienced before.



Hotness for Her

There are several elements of hotness a woman can discover in this highly erotic position that is not about intimate connection, but instead about pure sexual hunger and need. Because of her lowered chest, the tilt of her pelvis gives him direct access to the G- and A-spots, which for many women are the Holy Grail of pleasure centers. If she gives herself the freedom to give in to pure carnal lust, the Boar could become her new favorite position when she needs lustful satisfaction more than intimacy.

Hotness for Him

This is a really fun position for a lot of men, because it allows them to feed the sexual beast they oftentimes try to keep tame. Hearing the grunts and moans of pleasure he causes his partner to uncontrollably release while watching his lingam be consumed by a hungry yoni is an extraordinary stroke of his ego, another very important part of the male body.

Ashva

(The Horse)

DIFFICULTY:     
MOVEMENT: **Slow and intense**

Standing positions offer a wide variety of challenges, from balance to potential height differences, making penetration difficult. But when it comes to discovering great sex, who isn't up for a little challenge? Besides, finding solutions are all part of the fun.

The Horse is one of the best “quickie” positions, if partners find themselves strapped for time but needing release. Hike up a skirt and lower pants, and it's quite possible that lovers can be in, out, done, and off before the cowboys even get back to the barn.



Hotness for Her

This position is all about sexual hunger and offers the most satisfaction in situations when being bad would feel really good for her. The exploration of this carnal side can be very liberating for a woman who is usually so careful and proper. Nipple and clitoral stimulation is easily managed by either partner (or both partners), and the bent-over position means the cowboy might just lasso her orgasm as he bucks around her G-spot.

Hotness for Him

Anytime a man is given permission to embrace his sexually aggressive side with abandon, he's probably going to welcome the opportunity without much question. The Horse is all about sexual surrender, and having a willing partner along for the ride is incredibly stimulating. Feeling her body and yoni give him and his lingam such a warm welcome could make him yodel with sexual appreciation.

Performing the Horse

The female leans against a wall, fence, car, or countertop, bending at the waist to allow her partner to penetrate from behind. Holding her hips, he takes her passionately, reaching around to fondle her breasts or tease her pearl. He can also slide his hands up to her shoulders for more leverage or lean against her back to kiss her neck and whisper lustful compliments into her ear as they gallop into the sexual sunset.

Spicing Up the Horse

While this no-holds-barred position is pretty spicy from the start, that doesn't mean there aren't variations worth exploring. One thing to do is take this male-dominant position and hand the reins to the rodeo queen. As the man leans back against a wall, pick-up truck, or barn door, the woman backs up against him to engulf his lingam in her wanting yoni. This is especially powerful if she has something to use for leverage in order to push back against him with sexual force.



Vadavaka

(The Mare)

DIFFICULTY: 
MOVEMENT: **Mild to wild**

One of the basic woman-on-top positions, the Mare allows the female to concentrate on her own pleasure by turning her focus away from her partner. As many women are more self-conscious than men during sex, removing eye contact allows her to enjoy enhanced satisfaction. And the more satisfied she is, the more enjoyment the man will get as a by-product of her pleasure!



Performing the Mare

As the man reclines on a bed or in a chair, the woman faces away from him and straddles his lingam to carefully lower her yoni to accept him. She can balance herself in a squatting position for a deeper rise and fall or rest on her knees as she rides him. She can also lean forward to rest her hands against his legs or lean back to place her hands on either side of his chest as she seeks out the most enticing angle for receiving him inside her. The man places his hands on her buttocks or back to help her balance and to guide the ride.



Spicing Up the Mare

If she's comfortably balanced, the woman can spice up the Mare by using a free hand to massage her pearl. Arching her back gives her the additional benefit of being able to direct his lingam toward her G-spot. She can also reach under their sexual union to massage his scrotum or slide a finger along his perineum to tease his anus. He can also return the favor with easy access to her rosebud. This is one of the few positions that allows for so many pleasure points to be hit simultaneously: her yoni, G-spot, pearl, and anus as well as his lingam, anus, and prostate. That's spicy, indeed!




Hotness for Her

Any female-empowered position is going to increase its hotness level for her, and the Mare is one of the most powerful. As long as there is no knee trouble or strain, this is a relatively comfortable position that gives her pleasurable sensations while also allowing her to fully embrace her sexuality without accidentally being distracted by analyzing her partner's facial expressions.

Hotness for Him

The Mare allows him to lie back and relax as his partner takes the opportunity to use him for her own sexual needs. Though he can't see her face, it's still a very visual position. Because the balancing act is all up to her with a little assistance from him, he gets to enjoy the show as she repeatedly takes in his lingam on a quest to reach her maximum excitement.

Vyaghra (The Tiger)

DIFFICULTY:     
MOVEMENT: Rapid and passionate

The Tiger is possibly the most male-dominant position found within the *Kama Sutra*, as the woman has almost no control of the movements and must completely surrender. Willfully giving herself fully to her lover is a great gift that should be treated with the ultimate respect. The man might be the tiger, but without a playful tigress, he'd be all alone in his cave, pawing himself instead of savoring the pleasures of this generous pussycat.



Hotness for Her

At first glance, it may seem that there is little hotness for her with this extremely passive position; however, there is nothing passive about the pursuit of pleasure. While a man may believe this position is all about his own enjoyment, many women find it extraordinarily hot to find the ways to reach her own orgasmic epicenter with so little movement or commitment to the search on her part.

Hotness for Him

An eager partner in a fully submissive position is extremely hot for the power-hungry male brain. Curling over her willing body to hold on tight with his lingam tucked warmly in her moist yoni gives his most animalistic nature explosive freedom. Plus, hearing her purr as he drives deeper and harder will probably make him howl with fiery passion.

Performing the Tiger

The woman gets on her knees and bends forward to rest her head on the bed. This presents her backside and yoni as a welcoming invitation to her partner's lingam. He kneels behind her and slips inside to savor her kindness before leaning across her back to kiss her neck and express his gratitude while thrusting. Her external movements are minimal, but internally, her muscles can be used to create a firestorm of pleasure. This position has been known to quickly build male arousal, so the jungle cat should be careful! He doesn't want to explode before he's ready to leave the party.



Spicing Up the Tiger

Though it may seem the woman is mostly passive in this position, that doesn't mean there aren't options for the tigress to have her own needs met. She can push back against her lover and grind down on his lingam until he hits her sweetest spot. Resting pillows under her belly gives her added support. She can even slide forward, inviting her lover to fully cover her body. She can also slide her hands under her chest and tease her nipples into peaks of pleasure while arching her back just enough to give his lingam access to her G-spot.

Majara (The Cat)

DIFFICULTY:     
MOVEMENT: Slow and intense

Though it may appear simple at first glance, this slinky and seductive pose is one of the more difficult ones found in the *Kama Sutra*. It requires female flexibility combined with an agile male partner so they can move together with ease. While it's a very slow position with limited movement available for either person, the full-body contact allows for great intimacy, as the man can whisper into his partner's ear and take in her scent of arousal to increase his sex drive.



Performing the Cat

The woman stretches out on her belly and opens her thighs wide enough for the man to slide between them from behind. She extends her legs backward, bending at the knees to bring her feet together around his back. Using her hands for leverage, she arches her back by extending her arms and turning her face toward the ceiling. The man reaches up with one hand to cradle her chin while his other hand reaches back to hold one of her ankles as he gently rocks his lingam in the comfort of her yoni.

Spicing Up the Cat

Placing a pillow or two under her pelvis gives her a better angle for putting some pleasurable friction against her pearl. The man can lower his hand on her chin to cup her breast and tease her nipples as he gently rocks her with careful thrusts. Raising up on her arms as he pushes forward can massage the head of his lingam as he lovingly kisses her neck, back, and shoulders.



Hotness for Her

Though a challenging position to get into, it is quite exciting for the woman to feel fully embraced and covered by her partner. The slow and fluid movements allow her to focus on the small details of how each part of her body feels. Rocking her pearl against a warm pillow as he lovingly nibbles her neck can create rapid orgasm and intense satisfaction.

Hotness for Him

Even slow positions can feel powerful when the man gets to cover his partner with his body as his lingam is tenderly milked by the warmth of her yoni. Fully pressed against her back, he can feel her heart race and her breath quicken as he leads her toward an orgasmic finish.

Venudaritaka (Splitting Bamboo)

DIFFICULTY:     
MOVEMENT: Slow and intense

Splitting Bamboo is one of the most active positions in the *Kama Sutra*. Of course, all of the *Kama Sutra* involves action because of the thrusting, kissing, lifting, and pushing that goes on, but this takes it even further with the intricate movements of the female's legs. Requiring balance, strength, flexibility, and endurance (not to mention an adventurous spirit), accomplishing this pose will have both partners feeling like sexual superheroes.



Performing Splitting Bamboo

The woman starts by reclining back on the bed, opening her legs to allow her partner to kneel between them. She then raises her right leg to rest it on his shoulder as he moves forward to sink his lingam into her waiting yoni. Now things get exciting, as she lowers her right leg back to the bed and raises her left leg to his shoulder. Alternating which leg is raised while his lingam rests fully inside her warmth continuously changes the sensations that race through both partners' bodies.



Spicing Up Splitting Bamboo

If the man has enough upper-body strength, he can take control of the swinging motions by holding her ankles and taking turns lifting one and then the other to his shoulder. As he does this, she can grip a heaving nipple between two fingers with one hand while her other slides over her belly to polish her pearl. He can add an additional level of stimulation by keeping one of her legs raised and turning his body to one side or the other for new penetration sensations.

Hotness for Her

There are a host of hotness factors to be found in Splitting Bamboo from a female perspective. Because her hands are free, she can fondle her pillows of compassion or even her pearl. The continuous action is possibly unlike anything she has experienced during intercourse before, so her senses and sexual nerve endings are going to be enthusiastically engaged and at full attention as they process the throng of stimulants being sent their way. Even the most demure of women may find it necessary to scream with excitement as they are catapulted over the edge of pleasure's cliff.

Hotness for Him

Men love adventure, and successfully pulling off Splitting Bamboo is certainly a noble quest that will leave them feeling like champions in the bedroom. Because the success of the position requires complete abandon of any constraint on the woman's part, watching her give in to the absolute lust of pure sexual expression will remind him just how gloriously wild women are.

Prenkholita

(The Swing)

DIFFICULTY:     
MOVEMENT: **Slow and intense**

The Swing is a female power pose that is best moved from the bed to the floor so both partners are working on a solid foundation. Many positions where the woman takes charge allow the man to take a more relaxed approach, but not the Swing! While some *Kama Sutra* guides suggest the man does this pose while in a full backbend, this version isn't going to take it that extreme. But men, don't think for a second that means you get to rest on your laurels!

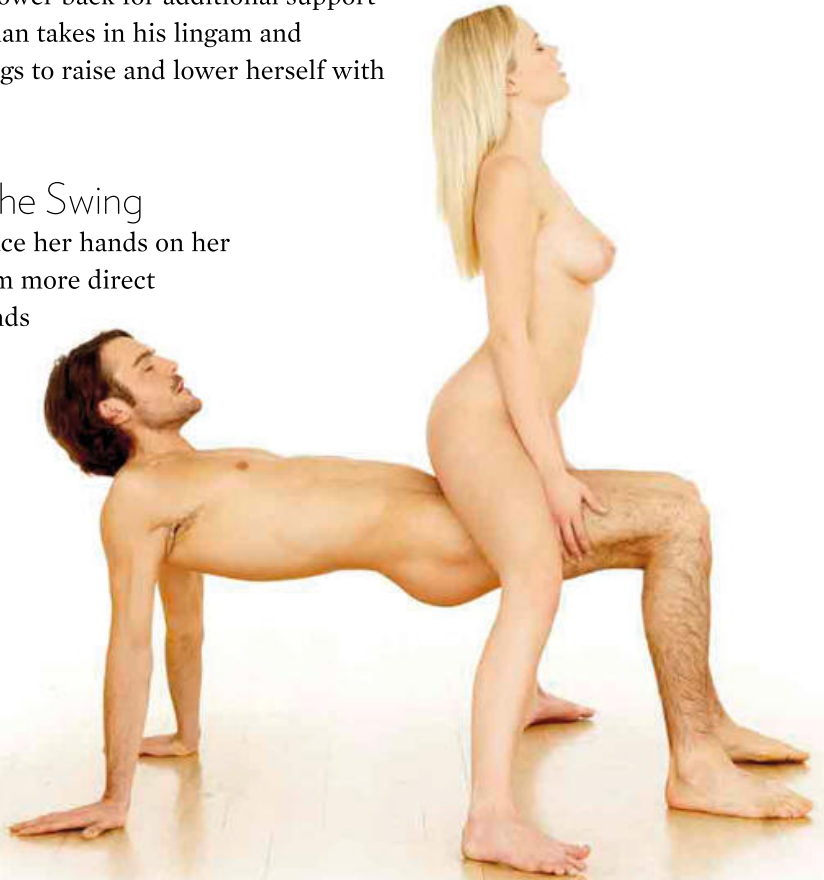


Performing the Swing

The man reclines onto his back, bending his knees so his feet are flat on the floor. The woman straddles his hips and lowers her yoni as he pushes his feet against the floor to raise his pelvis off the ground while his shoulders remain on the floor. He can use his arms to support his waist or place a stack of pillows under his lower back for additional support and a more restful position. The woman takes in his lingam and controls the thrusts as she uses her legs to raise and lower herself with sexual abandon.

Spicing Up the Swing

As the woman leans back, she can place her hands on her partner's knees for balance, giving him more direct access to strike her G-spot as she grinds down. If he is able to keep his hips raised without the use of his hands, he can slide his hands from her knees inward along her thighs to her sweet spot of penetration. There, he can slide his thumbs up and over her rosy lips to massage her pearl.



Hotness for Her

Given that many sexual positions place a woman in a passive role, the Swing is a fantastic opportunity for her to embrace her fierce sexual dominance. This is done not only by controlling the way she decides to ride, but also by directing her lover on how to thrust, pushing him to his sexual limits like he so often does for her.

Hotness for Him

The Swing is both submissive and strong—a combination a man is rarely asked to perform that could prove to awaken myriad new sensations physically and emotionally. As his muscles are stretched and exhausted, he can enjoy the sexual display of his partner taking full aggressive control of her carnal needs using his lingam for her own full benefit.

Shulachita

(Fixing a Nail)

DIFFICULTY:     
MOVEMENT: **Slow and intense**

Looking at the photos of this pose may inspire some people to laugh. However, if partners can get beyond how odd it looks, they will find the sensations it delivers anything but funny! Though it requires flexibility on the woman's part, it also creates an unexpected energy flow between both partners, making even the small movements of this position provide big payoffs.



Performing Fixing a Nail

The woman lies back flat on the bed with her legs out straight. She pulls one knee up toward her breast as the man straddles her other leg and sits back on his heels. With his aid, she raises her foot to rest the heel on his forehead as he slides forward to dip his lingam into her waiting yoni. As they carefully move together, the woman taps her foot on his forehead, working as the hammer to fix the nail that opens his sixth chakra (the chakra of awakening).

Spicing Up Fixing a Nail

The flow of energy can be intensified with the man sliding one hand up to rest on his partner's heart while his other hand rests on his own. As he gently works his lingam in her yoni, the addition of this touching techniques multiplies the sensory reactions in every part of the body. He can also shift his body to one side in order to enter her yoni from an alternative angle. Because the visual of this pose may strike either partner as comical, the sensations can be further increased by closing the eyes and concentrating on how it feels more than how it looks.



Hotness for Her

Using her body in such a unique way for an exploration of sexual pleasure can awaken many titillating areas of her body. The slow and controlled movements allow her to concentrate on the subtle pleasure found in the slightest adjustments. The ease with which her breasts and pearl can also be stimulated throughout these movements adds to her ability to enjoy what this curious pose has to offer, possibly resulting in nipple and pearl orgasms.

Hotness for Him

Odds are good that a man has never found himself in this position or even considered it as an option. The freshness and innovative aspect of this pose can greatly heighten his pleasure as he feels new sensations and sees his partner open in a completely different way. While his lingam may be limited in its scope of movements, it can certainly find immense excitement in the stillness as the fireworks of exhilaration and awareness explode throughout his body.

Aja

(The Goat)

DIFFICULTY:     
MOVEMENT: Slow and intense

The Goat is one of the more creative positions found within the *Kama Sutra* that doesn't require crazy strength or acrobatic balancing skills. It's a powerful penetration pose that is both comfortable but restrictive for the woman. She has little range of motion, instead offering herself as a precious gift to her partner. When the man tenderly and passionately accepts her gift, they can share the sensual journey this pose offers.



Performing the Goat

While the Goat can be performed with the woman lying on either side, for the sake of simplicity, this version starts with her resting on her right hip. As she curls up on her right side, she extends her bottom leg down straight, keeping her left leg bent. The man kneels between her thighs and slides his lingam into her yoni as he straddles her right leg, lowering his backside until he's almost sitting on his thighs. As he plunges into her warmth, he helps her move her left leg around so her foot rests on his lower back.



Spicing Up the Goat

Because this position is likely to be very new to both partners, the pure curiosity of how it works and feels may be enough to spice it up. Varying the height of her left leg can help open or tighten her yoni in magical ways. The man can also reach down and massage her pearl or rosebud. If she is able to comfortably hold her left leg in place on her own, it's even possible for the man to drill for gold with his lingam while stimulating her pearl and rosebud at the same time.

Hotness for Her

If the Goat is physically comfortable for her, it can offer a very restful way for a woman to enjoy being penetrated in a different position than she is used to. While her movements may be limited, her gratification is not, and she may find completely new pleasure centers being stirred by the inventiveness of it all.

Hotness for Him

This creative pose could possibly become the man's new favorite kind of pretzel. It's a delicious position for exploring the female body both internally and externally in a way that gives the lingam a whole new perspective on the sensations of the yoni. Because he is straddling her leg as he thrusts, there is the added benefit of his scrotum and perineum being massaged by her thigh as he rides the wave of desire.

Avalambitaka

(Standing Suspended)

DIFFICULTY:     
MOVEMENT: **Slow and intense**

Standing Suspended is not for the weak of heart, nor the weak of strength—this position really kicks things up a notch. Perfect for couples who don't have time to get into bed and want to experience an adventurous quickie, this standing position can be memorable. This can also be a “transitional pose”—one used to move from one position to another—with perhaps the woman on top and the man moving her onto her back.

While this position may not be possible for many couples, the potential to get there might be enough to inspire partners to get back to the gym!



Hotness for Her

Seeing the strength on display by her partner can be incredibly intoxicating for a woman. Plus, climbing his body like the sexiest kind of jungle gym can drive her wild. Because she is so closely pressed against his body, her pearl rubs against his pelvis as her nipples are tickled by his chest hairs.

Hotness for Him

The ultimate show of power, this is pretty much the He-Man of the *Kama Sutra*. Being able to accomplish this pose can create a great sense of supremacy that will send a potent surge of testosterone coursing through every muscle in his body. Feeling her yoni grip and massage him as she uses her muscles to build her own excitement may push him close to an explosive edge—though it is recommended that he moves to a different position before he reaches his knee-buckling orgasm!

Performing Standing Suspended

As the man stands with his back supported against a wall, the woman climbs into his waiting arms and opens her legs around him to lower herself onto his lingam. He cups her sweet bottom in his hands as she wraps her arms around his neck. Once they are both balanced, they work together to slide her yoni up and down his rigid lingam as he lifts and lowers her gently and she uses the muscles in her arms and legs to move along.

Spicing Up Standing Suspended

In the ultimate challenge, the man can remove the back support and use all his strength to hold his partner on his lingam in the middle of the room. Range of motion is limited, but the sheer accomplishment of achieving this sexual goal is incredibly satisfying. He can also stand so that the woman can place her feet on a sturdy surface. This reduces the weight on his body, as well as giving her leverage for controlling the ride.



Dhenuka

(The Cow)

DIFFICULTY:     
MOVEMENT: **Slow and intense**

The Cow is a very sexually raw pose, focused much more on stimulation than intimacy. One of the standing positions, it may or may not be possible for the woman to maintain it for long because of the strain it can put on her legs and back. However, it can certainly be a fun way to experiment with different penetration styles.





Performing the Cow

From a standing position, the woman stands with her legs shoulder-width apart and bends at the waist to place her hands on the floor or her ankles so she's as close to fully bent over as is comfortable. She should not lock her knees; instead, she should keep them slightly bent in order to remain comfortable and balanced. The man approaches from behind, taking her by the waist as he directs his lingam into her waiting yoni. While he maintains a strong grip on her waist, he can explore a multitude of thrusting techniques for full sensational discovery.

Spicing Up the Cow

When he finds solid footing, the man can lean over the woman's back and reach around to fondle her breasts as she uses her PC muscles to massage his lingam. He can also massage her shoulders as he penetrates, or stimulate the sacral nerve found in her rear end by holding her hips and massaging the small indentions located where his thumbs are resting. Exciting this nerve greatly intensifies the flow of sexual energy to the female sex organs.

For added spice, the man can hold the woman's hips as she lifts her feet off the ground, which shifts the point of the balance fully to their sexual union.

Hotness for Her

The angle of her pelvis creates a strong opportunity for G-spot stimulation as the lingam slides in and out. If her balance is comfortable enough, she can fondle her breasts or pearl as he grinds against her internal hot spot. As seductive as intimacy can be, there is something enticing about giving in to pure sexual lust, and this position is great for when she wants to embrace that animal desire.

Hotness for Him

Seeing her bent over like this and willingly offering up her sweetness for his pleasure can be an incredible turn-on to the male ego. While he grips her waist and sends his lingam to the sensuous depths of her wanting yoni, he can enjoy the pulse of sexual power that pours through his body.

Indranika

(Position of
Indrani)

DIFFICULTY:     
MOVEMENT: Mild to wild

As the story goes, Indrani was a queen in ancient Indian Vedas who created this position as a gift to her lustful husband, Indra. While it initially looks like a standard missionary position, this is actually one of the more challenging positions and requires a good deal of female flexibility to master. If partners are looking for deep penetration and a strong sexual connection, the Position of Indrani offers the royal treatment.



Performing the Position of Indrani

While lying on her back, the woman lifts both knees toward her breasts and opens them as wide as she can comfortably hold. The man climbs between the outstretched legs of his waiting lover and delivers his lingam to her wide-open yoni. The angle of the Position of Indrani should resemble thrusting downward, as if churning her sweet butter. He may place his hands against the back of her knees to help her lift her yoni higher while opening wider.

Because the woman's breathing might be somewhat constricted, this position should only be attempted for short periods of time until both partners find the balance of pleasure.



Spicing Up the Position of Indrani

The woman begins in the same position, with her knees pulled high toward her breasts. This time, however, the man stands straddling her head and then leans forward, over her body, to slide his lingam into her yoni as he balances over her in a push-up position with his feet above her head. Taking on this challenge requires some practice and will likely result in a few giggles, but it will all be worth it when both partners discover the rhythm that works for them.

Hotness for Her

Pulling off the Position of Indrani could easily make any woman feel like the Queen of the *Kama Sutra*. Though challenging and restrictive, the deep penetration can deliver explosive pleasures as the man's lingam hits profound new areas within her yoni. If the man holds her legs in order to guide her higher and wider, her hands are free to tease her nipples and pearl while looking up into the lustful expression of her grateful lover.

Hotness for Him

Any power position increases the testosterone and pleasure hormones that surge through the male body; the Position of Indrani can take this power to its outer limits. The tip of her pelvis, the welcoming spread of her yoni, the new angle of his lingam's thrust, and her willingness to contort in the pursuit of sexual gratification all add up to a payoff that's worth the practice.

Utpiditaka

(The High Squeeze)

DIFFICULTY:     
MOVEMENT: **Slow and intense**

Even with the limited range of motion possible in this position, the High Squeeze offers a variety of sexual intensities to be experienced by both partners. While the physical sensations are being felt, partners can use the gentle movements to change the focus from what is being felt with the body to what is being felt with the heart.



Hotness for Her

When she trusts her partner, the sort of restraint found in this position can create a great sense of security and surrender in a woman. Because the movements are more subtle, the emotional connection between partners can increase, which intensifies pleasure for many women. As she feels his lingam dance against her G-spot, she can also enjoy the pure ecstasy of sexual satisfaction while watching her lover experience the surprises she can offer by using just the muscles in her yoni.

Hotness for Him

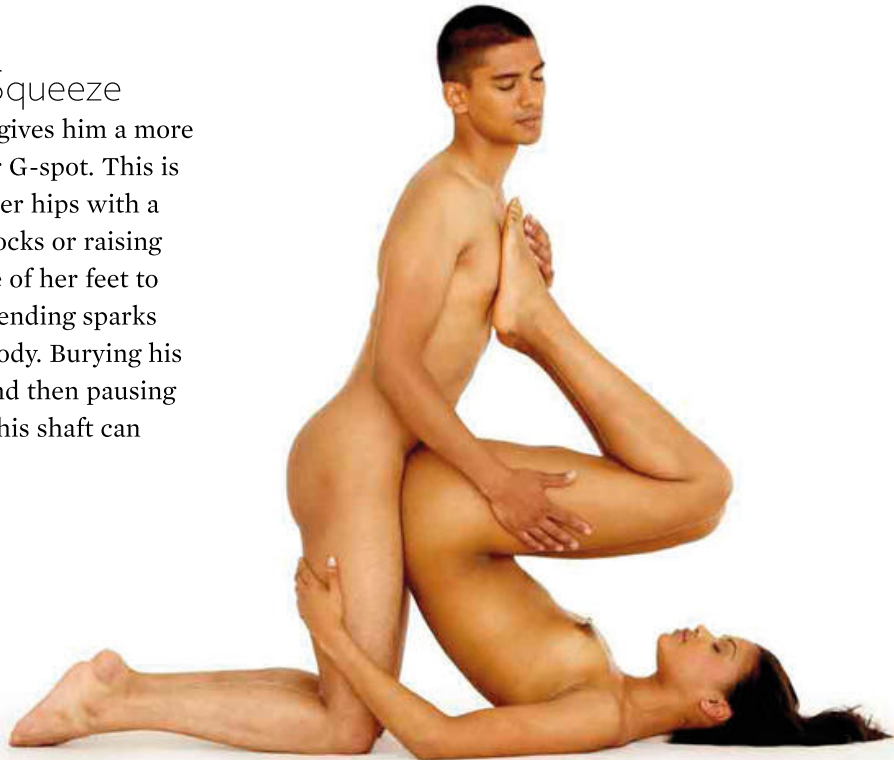
Feeling her yoni quiver as his lingam dives to her sensual depth can be a huge turn-on for a man, especially in a position that requires full surrender on the woman's part. The feeling of her feet against his chest can create unexpected additional stimulation as he slides his lingam in and out. Rocking gently in her open yoni, he can also look down at the exquisite expressions of sexual desire he is bringing out in her.

Performing the High Squeeze

The woman reclines onto her back and bends her knees to place her feet against her partner's chest as he slides into her yoni from under her feet. Much flexibility is needed in order for her to maintain this position for so long, so the man must be sure to remain mindful of her pleasure and not place too much weight against her feet with his upper body. Both partners can extend their arms to interlock them together as they gently rock through the smooth thrusts of bliss.

Spicing Up the High Squeeze

If the man can lower his hips a bit, it gives him a more direct line for his lingam to locate her G-spot. This is most easily accomplished by raising her hips with a couple pillows tucked under her buttocks or raising up on his knees. He can also raise one of her feet to suckle her toes as she is penetrated, sending sparks of excitement coursing through her body. Burying his lingam to the full depth of her yoni and then pausing as she pulses her PC muscles against his shaft can certainly electrify both partners.



Bhramara

(The Queen Bee)

DIFFICULTY:     
MOVEMENT: **Slow and intense**

Traditionally, *Bhramara* means “bee,” which is forever attracted by the “honey of grace” of her sweet nectar. In contemporary terms, The Queen Bee accentuates the power of the woman, who takes responsibility for her own pleasure. This power position allows multiple erogenous zones to be stimulated as the “Queen” takes control of her orgasm and her partner enjoys watching her arousal build.



Performing the Queen Bee

This woman-on-top power position requires the woman to straddle her lover, keeping her knees bent and held firmly together while his lingam is inside her yoni. The man lies back and clasps her hands for balance, gazing up at her as she circles around gently. Meanwhile, she pauses to experience the new sensations created from each new angle by sliding from side to side. She can also lift her hips with small up-and-down motions to rub his lingam with the inside of her yoni.

Spicing Up the Queen Bee

This technique requires more flexibility, balance, and strength from the woman. Starting from the same position, she uses her bandhas to grip her partner's lingam. She then rotates—going from sitting sideways, to facing his feet, to sitting sideways on the other side—without releasing his lingam from her yoni. With each new direction, the woman pauses to explore the many sensations created from each angle by sliding side to side, up and down, and back and forth. During these rotations, if the man raises his feet off the bed, it gives her the full power to control penetration, as his ability to thrust will be limited.



Hotness for Her

This is one of the hottest, most empowering *Kama Sutra* positions for a woman, because she has the ultimate control. By tilting her pelvis, she can rub her pearl on his pubic bone while facing him. When she turns to face his feet, she can lean back to stimulate her G-spot and A-spot. The side positions are perfect for U-spot stimulating if she leans back slightly. For the deepest penetration, she can sit straight up and open her legs as wide as possible or pull one or both knees up to her chest, if her partner is able to comfortably hold her full weight.

Hotness for Him

Visual stimulation is key for the man in this position, where he's watching his partner take control. As the woman grinds her hips in circular motions, she stimulates the head of his lingam, while her side-slide movements create more friction on his shaft. Spiced-up jewel stimulation also adds to his pleasure.

Paravrittaka

(The Turning Position)

DIFFICULTY:     
MOVEMENT: Slow and intense

Nothing can really prepare partners for the experiences awaiting them within the adventure of the Turning Position. This is not a position for the timid, shy, easily flustered, or sexually apprehensive. If partners are going to do the Turning Position, they've got to truly go for it. It's going to be awkward, embarrassing, and funny—that's all part of the fun. Using the Turning Position is a badge of honor that proves partners have embraced the *Kama Sutra* and all its wondrous gifts of skill, challenge, excitement, and pleasure.





Performing the Turning Position

This is not an intimate pose, but more an exercise in control and focus. Like the woman did in the Queen Bee, it is the man's goal to make a full rotation over his partner without losing the genital connection by having his lingam slip from his partner's yoni. If he should slip out, he can simply slide himself back in. Whether or not that means he has to start all over from the beginning is one of the rules of the game the couple can decide on together.

Because of the range of motion involved in the Turning Position, partners will want to start this with their embrace taking place in the middle of a large bed or on the floor with much open space around them.

The partners begin in a very basic face-to-face position with the woman resting comfortably on her back, welcoming her partner between her open legs. He enters her and leans down to kiss her gently, thrusting in anticipation of the exciting journey they are about to take together. When his lingam is fully engorged and snugly tucked into the grip of her yoni, he gives her one more kiss and then begins his travels.

As he lifts his right leg over her left, he slowly begins to turn his body, rotating gently and carefully in order to maintain full penetration until he lies across her body with both feet straight out to her left side and his upper body across her to the right. He pauses here to enjoy reaching the first milestone in his mission and feeling the way her yoni rewards him with pleasurable pulses of gratitude. The focus required to make the movement fluid and connected may have caused his erection to subside slightly, so he should remain in this position until the stimulation helps rebuild his full mass.



When ready, he begins the next leg of the trip by continuing to turn, raising his right leg over her head and bringing his left leg to the other side of her face so he is now facing the complete opposite direction, with his hands by her feet and his lingam folded back to remain tucked into her yoni. This position gives her a completely different angle in which to see her partner; she can reward him by rubbing his inner thighs, tickling his scrotum, massaging his buttocks, and stimulating his rosebud to send shockwaves of intensity through his prostate. Again, the journey so far may have weakened his erection, so he should take the time to celebrate the accomplishment and savor these new sensations as they reignite his girth.

The next turn is the same as the first, as he moves to lie across her body in the opposite direction, now facing her left side. From here, they can celebrate their shared achievement as she massages his buttocks, perhaps sliding a finger between his cheeks to continue stimulating his prostate as he rests before the final stretch of this sensual voyage.

Turning a final time, he carefully makes his way back to a face-to-face position, allowing them to celebrate their victory lap together with a passionate kiss as she wraps her legs around his waist. This invites him to set free the sexual heat that has been building on his quest as they race toward the big finish they both so triumphantly deserve.

The Turning Position itself is the ultimate challenge, meaning there are few spice-up suggestions. However, if partners discover ways to heighten this particular technique, such as playing with the position of the woman's legs, they are far braver, wilder, and more impressive than any *Kama Sutra* book could hope to inspire!

Hotness for Her

As his lingam pivots through her yoni and he carefully spins over her, the woman gets to lie back and let the man do all of the work while she reaps the benefits of an endless number of sexual stimulations. Because his concentration is so focused on his movements, he moves slowly and seductively from one intense position to the next, which extends his rise toward his orgasm and allows her to enjoy the slow burn of her increasing stimulation as each new turn adds more fuel to the fire.

Hotness for Him

What man wouldn't feel like a sexual superstar by successfully accomplishing all the challenges of the Turning Position correctly? Each new turn unlocks a different throng of sensations to be enjoyed and savored as he learns to experience the full scope of his sexual abilities. As his partner helps him move from one position to the next, her congratulations and words of encouragement combined with the warm hug of inspiration her yoni continues to give to his brave lingam will remind him just how exciting it can feel to be both vulnerable and brave.

Padmasana

(The Lotus)

DIFFICULTY:     

MOVEMENT: Slow and intense

The Lotus is one of the most challenging positions in the *Kama Sutra*, especially for women. Taking its name from the yoga pose it resembles, the Lotus takes extreme flexibility in the lower body, including the hips, groin, knees, and even ankles. In the sexual exercise, this stretch occurs for the woman; however, the stretch is actually great for both sexes.

Hotness for Her

Opening her hips and thighs in this way can be very stimulating to a woman, especially if she reaches a point of being comfortable with the leg positioning. She can easily access her nipples and pearl for additional pleasure. Plus, watching her lover experience the excitement of this transcendent position can multiply her feelings of lust and excitement.

Hotness for Him

Female flexibility is incredibly hot to a man because it opens up a plethora of sexual position options that may, at first, seem impossible. Though he won't have much access to her body beyond her yoni and legs, he can fully enjoy the show as she turns a stretch into a seduction, moaning her way through the sweet burn of being opened up in more ways than one.

Performing the Lotus

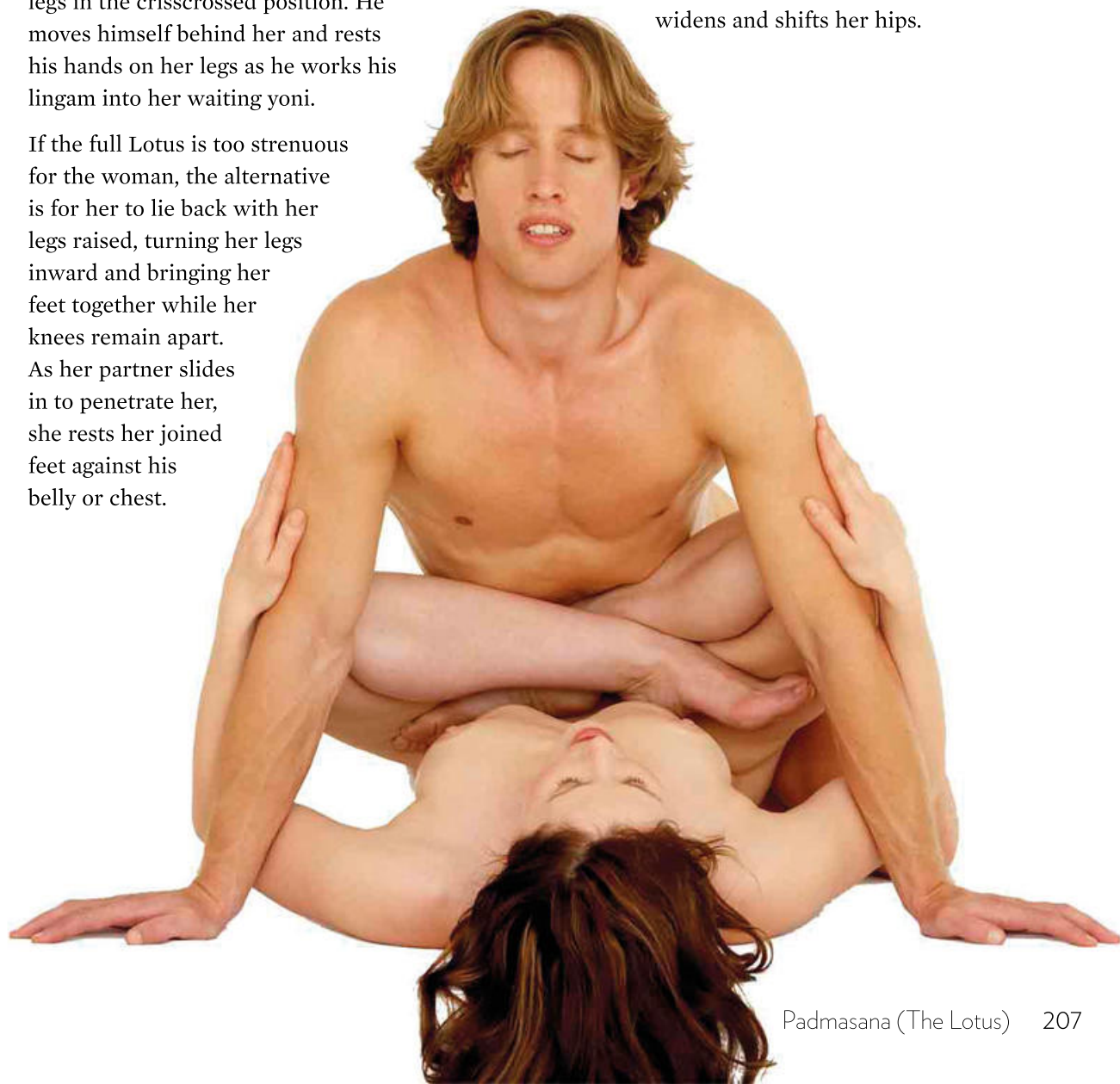
The female sits comfortably on the bed and guides her right foot up to rest as high on her left thigh as possible, with the goal of resting it in the crease between her thigh and groin. She then takes her left foot and places it similarly on her right thigh, crossing her right leg and creating somewhat of a pretzel with her legs.

She next carefully reclines, offering the sweet flower of her yoni to her lover while keeping her legs in the crisscrossed position. He moves himself behind her and rests his hands on her legs as he works his lingam into her waiting yoni.

If the full Lotus is too strenuous for the woman, the alternative is for her to lie back with her legs raised, turning her legs inward and bringing her feet together while her knees remain apart. As her partner slides in to penetrate her, she rests her joined feet against his belly or chest.

Spicing Up the Lotus

Spicing up the Lotus is an exercise in flexibility and trust. With the woman on her back with her hips raised slightly with a pillow, she raises her legs into the air and spreads them wide, inviting her partner to penetrate her sweet flower. He slides his length fully into her and then helps her move into the Lotus pose while she's pierced with his wand of light. As the partners work together to move her legs into position, they will both experience an endless number of shifts in stimulation as she widens and shifts her hips.



Part 5

Afterplay

In the *Kama Sutra*, there is very little about afterplay, as partners would generally go their separate ways after having sex. By comparison, modern-day couples strive to have intimate communication after making love in order to cement their relationship.

Staying emotionally and physically connected after reaching the peak gives you both a chance to come down from the natural high together and discover the adventure is just beginning.

In this part, you look at the ways to add the sexual sizzle that keeps the passion burning.

The Afterplay Challenge

The idea of afterplay is foreign to many people, especially men. After ejaculation, the male body shifts to recovery mode as the testosterone that controlled the sexual drive is replaced by calming hormones that may inspire a desire to cuddle but also a need to sleep. There is a decrease in sex drive, physical sensation, and alertness. Even if he is mentally engaged in continuing to play, his body may be resting in what is known as the *refractory period*, or the time it takes between ejaculation and his next erection.

Hormones in the female body shift in a similar way, but maybe not to the same extreme as they do in men. She may not have the same desire to sleep, but she will feel the need for physical rest after penetration. The yoni can feel incredibly sensitive after a lovemaking session, especially when trying new techniques that may be adventurous, extensive, or intense. However, she will likely be in a different emotional state than her partner. His instinct may be to roll away in order to rest, but she may want to embrace. Her desire to be touched helps reassure her of the emotional connection that exists at the base of the physical pleasure. It makes her feel valued as more than a sex object.

So while the man may want to doze off and the woman may want to go do something else, learning to remain together in postcoital bliss can greatly benefit the growing affection in a relationship.



The Benefits of Afterplay

The key message of the *Kama Sutra* is to become intimately aware of your partner's needs as much as your own. Even though neither partner may feel sexual right after intercourse, there is great benefit to remaining affectionate. This connectivity may in fact alleviate drowsiness and revive passion.

The levels of touch in afterplay can actually move in the reverse order to what they did while building toward the carnal peak, moving from sexual, to sensual, to healing, to nurturing.

One afterplay exercise is for the man to cup his hand over the woman's yoni to maintain the energy within her sacred space. For a man, a woman can take a warm, damp cloth and gently massage his lingam and wipe away the sweat. Both activities are intimate without being sexual and express kindness, gratitude, and respect. Afterward, partners can cuddle together, whispering thoughts about the *Kama Sutra* exploration.

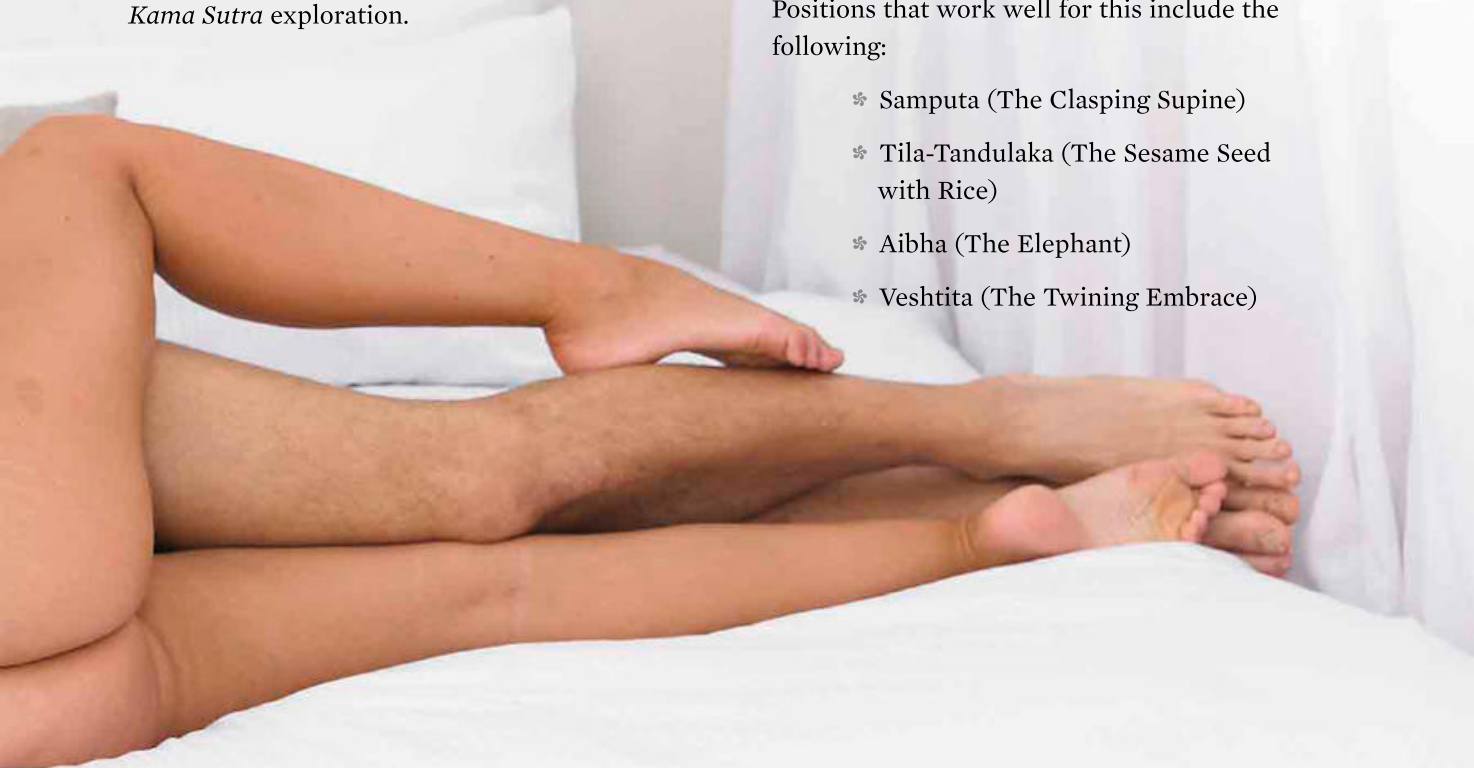
The key to afterplay is for you and your partner to discuss what you enjoyed most in the *Kama Sutra* exploration and what you would like to try the next time. It's important to communicate how the experience went for both of you, especially if you have tried something new. It makes you both feel valued as you work toward a higher sexual union together.

Kama Sutra Positions for Afterplay

If you decide together to take a nap, look for *Kama Sutra* positions that offer full-body connection while resting. In many of these “spooning” positions, it is possible for the man to leave his lingam tucked into his partner's yoni after intercourse. As he softens, her warmth will massage him gently. When both partners then feel the passion begin again, they can share the experience of feeling him get hard while inside her.

Positions that work well for this include the following:

- * Samputa (The Claspingsupine)
- * Tila-Tandulaka (The Sesame Seed with Rice)
- * Aibha (The Elephant)
- * Veshtita (The Twining Embrace)



Immediately Afterward

Sex is one of the best exercises two partners can do together. Not only does it feel great, but it also has a lot of the same health benefits as a good workout. As is often prescribed after exercise, the cool-down period can be just as important as the exercise itself in order to create the most beneficial experience. Cooling down together through communication, breath, touch, and eye-gazing can promote a deeper connection that goes far beyond sex, something greatly encouraged by the *Kama Sutra*.



Staying Connected

Keeping gentle movements happening in a comfortable embrace helps calm the body while also allowing you and your partner to remain connected in a way that can more easily fan the flames of a second wind. If the lingam remains in the yoni, even as the erection fades, it increases the feeling of connection. Soft kisses and loving whispers support the emotional responses of the moment, as if to reconfirm the intimacy you and your partner discovered through sexual exploration.

It is not necessary to maintain a genital connection in order to feel this emotional confirmation, but it does require physical touch. Holding hands, entwining legs, or nestling together in the “spooning” position can bring about the same effects.

Remaining in the Moment

As your mind relaxes, you may find your thoughts drifting to the world outside the bedroom. Work concerns, social obligations, parental responsibilities—your arms are around your partner, but your brain is a million miles away. You may be drawn to move away in order to give these other things attention. However, if you remain connected with your partner, the intimacy will deepen.

Eye contact and communication help keep you present and fully engaged in the shared moment with your partner. Your brain may want to internalize, but shifting your focus to your senses helps keep you grounded in the present. What do you see, taste, hear, smell, and feel? Don't analyze these things; just accept them. Experience the truth of the moment externally as much as internally.

There is much insight to be discovered by remaining mindful after intercourse. You are not only physically exhausted but also mentally tired in a way that can give you a natural high. By experiencing this wave of comfort and contentment together as a couple, you may find the ride isn't quite over yet. And honestly, isn't it worth putting off returning a phone call for one more hour if it means enjoying another round of sexual delights?



The Second Fire

As you become more comfortable with the mindful and sensual lessons of the *Kama Sutra*, it's quite possible you will find that once is not enough. The excitement of experimenting with another position may be too great to put off for another time.

When the intimate connection is maintained during the rejuvenation period, it's quite possible to find a new warmth building as the sexual excitement begins to recharge. This is known as the *second fire*, and it can be even more explosive than the first lovemaking session.

What Is the Second Fire?

The intensity of the second fire is found in the fact that the senses have been heightened by the orgasm from the first sexual acts. As the mind and body ease into postcoital bliss, this serenity can lead to a more relaxed exploration. With the genitals at their most sensitive, extra care is taken to make sure that any touching or caressing remains pleasurable. This requires an even greater sense of remaining mindful to a partner's needs and what is being communicated both verbally and nonverbally. For example, verbal communications could be a sexual compliment, such as "You are a great lover" or "I love the way you make me cum." Nonverbal touching, cuddling, and eye contact are all examples of intimate physical connection.

As a second session begins to build, it is often much more delicate, careful, and controlled than the first, as both partners work together to dance around their sensitivities. It may even begin before the man has achieved an erection. Placing his soft lingam between the lips of her yoni as she wraps her legs around him while they gently kiss and rock together can awaken genital sensations for them both that can lead to penetration.





Reawakening Desire with Food

If the male ejaculated during his first session, it may take between 10 to 30 minutes to regenerate his energy and sperm. Some aphrodisiac foods—such as almonds, bananas, oysters, and avocados—can help refuel his body quickly; therefore, his lover should have some tasty edibles close by so they don't have to abandon each other for a trip to the pantry.

For women, black licorice increases oxygen to the female genitals, because it contains plant estrogens that stimulate the sex glands. Couples can have fun by placing one end of a licorice vine in the woman's mouth while her lover takes the other end in his mouth and slowly nibbling toward each other until they meet in the middle for a passionate kiss.

Basil is one of the sacred herbs of India and has been known to wake the senses, increase blood flow, and alleviate fatigue. If both partners inhale the fresh scent while cuddling together, it can enhance arousal.

Love Bites

In the *Kama Sutra*, there are ways to increase potency with love potions, such as pumpkin seeds ground with almonds and sugarcane root. This combination has evolved into pumpkin pie, which is considered a modern-day male performance food that can increase blood flow to the genitals 40 percent faster than any other food!

Relighting His Wick

In essence, the *Kama Sutra* was written as a man's guide to succeeding in life. While the lessons could be shared by both sexes, the era in which it was written dictated that it mostly addressed the needs and goals of men.

Though it was expected that men would sexually satisfy their lovers, little is written about what to do to stimulate a man again after ejaculation. This was partly because the male climax was seen as the end of the session. The concept of going again was a foreign concept at the time.

A better understanding today of the male orgasm and ejaculation, combined with the evolution of sexual experimentation, makes it now quite common for men to have a desire to become erect again after climax. However, if a man has reached ejaculation but both partners feel the desire to go for a second round, it can sometimes feel like trying to start a fire with damp wood (or limp wood, as it were).

The first step is to give up high expectations. This is the time to embrace the fun of it all and accept that a second erection may or may not happen. Removing the anxiety actually helps increase the possibility of a successful recharge. As the focus moves away from the lingam and into other mental and physical stimulations, the full-body experience helps rebuild the fire.

A short resting period is usually necessary for a man to be able to become erect after ejaculation. However, this isn't true with all men, especially younger men or men in great shape. It may be possible to keep or quickly regain an erection simply by not giving up the stimulation of the lingam. Being cautious of the overly sensitive nerves in the lingam's crown, the woman can simply continue to stimulate the shaft with her hands, mouth, or inner walls of her yoni. The lingam may soften slightly but can quickly regain its power as the stimulation continues.





If you're the female partner, when using your hand to entice your partner into another erection, try these three seductive hand techniques with plenty of lubricant:

- ✧ **The fire starter:** Cross your fingers and then place your hands on either side of his lingam. Rub them back and forth to cause some warm friction, as if you are trying to make a fire with a stick.
- ✧ **The lingam slide:** With one hand, hold his lingam securely at the base. With the other, wrap your fingers around his crown and then slide that hand down to the base while your other hand slides up to the crown in fluid motions.
- ✧ **The blended bliss:** Wrap one hand around his shaft and slide up the full length toward the crown. Just as your hand is about to slide past the end of his lingam, place your other hand at the base of the shaft and slide it back and forth over his perineum. Repeat this motion by alternating your hands.

Love Bites

Another technique is to use this resting period to focus on the female partner. Two things can work to the man's benefit here. Many women take longer to reach their height of sexual pleasure and also have a stronger sexual response to oral sex. As the lingam rests, he can concentrate on exploring her entire yoni with circular finger caresses or tongue motions to reignite her fire. Hearing, seeing, tasting, and feeling her excitement build may send all the proper signals for his lingam to jump to attention!

Relighting Her Fire

The *Kama Sutra* places a lot of importance on lighting her fire, and not only during intercourse. Going by the ancient texts, varied forms of touch are designated to arouse and reignite her passion, including playful passion pats.

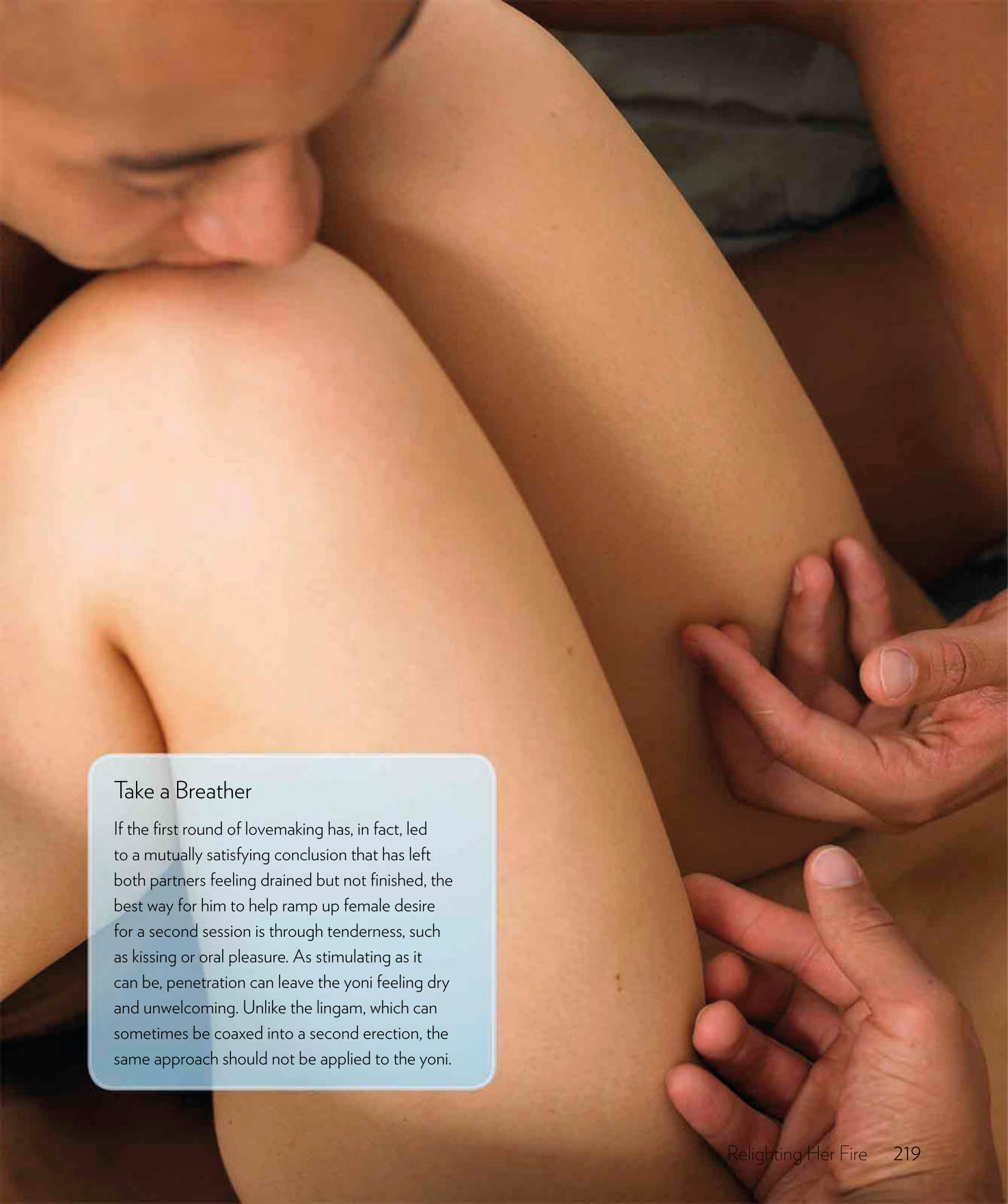
When it comes to sex, it is common for men to see it as “pleasure seeking” while women see it as “pleasure sharing.” His concentration is on how good his lingam feels physically while she is enjoying how good their connection feels emotionally. This is not to say that a woman isn’t fully engaged in her own sexual satisfaction. She enjoys sex just as much as he does and wants to equally feel the extraordinary thrill of a mind-blowing and body-melting orgasm. Still, to keep her fire smoldering hot, she needs to stay in a juicy frame of mind. That’s because sex starts between a woman’s ears before it travels between her legs. Whispering words of love and lavishing her with compliments can help maintain her sexual confidence and boost her libido.

Many positions outlined in the *Kama Sutra* put a strain on parts of the female body that a man doesn’t experience, such as wide legs or an arched back. As the adrenaline that ignited through a sexual firestorm begins to wear off, some muscles throughout the body may begin to respond to the “sexercises” they had been asked to perform with aches, pains, and sensitivity.

Soft kisses and gentle touching that keeps her titillated and sexually engaged while also allowing her to recharge at her own speed is the best way to invite her back for a second dance through the *Kama Sutra*.

A woman is more sensitive, so if you’re the male partner, begin with less pressure than you would like as a man and try these three sensual kisses to reignite her passion:

- ✧ **The honorable kiss:** Start by kissing and licking her navel and then explore her stomach with your tongue before licking the inside of her thighs. Be sure to kiss around her yoni and not on it to create sexual anticipation.
- ✧ **The yoni embrace:** Draw her closer by lifting her buttocks and kissing her yoni just as you would her mouth, using your lips and tongue to explore the external and internal sensitivities of her sacred space.
- ✧ **The furnace twirl:** Drink some hot liquid and then gently twirl your hot tongue around her pearl. Observe her body language—whether she pushes her pelvis toward you or pulls away. If she pushes toward you, suck gently on her pearl as if you were sucking a beverage from a straw and maintain a fluid rhythm until she climaxes or pushes you away.



Take a Breather

If the first round of lovemaking has, in fact, led to a mutually satisfying conclusion that has left both partners feeling drained but not finished, the best way for him to help ramp up female desire for a second session is through tenderness, such as kissing or oral pleasure. As stimulating as it can be, penetration can leave the yoni feeling dry and unwelcoming. Unlike the lingam, which can sometimes be coaxed into a second erection, the same approach should not be applied to the yoni.

Part 6

The Life Fire

The *Kama Sutra* maintains that through the application of the arts, you can win over the object of your desire and provide more fulfillment that fuels the fire in your love life.

Sex can be a powerful emotional and physical experience at any age, and sharing sensuality together gives you both a sense of value and commitment. This makes the *Kama Sutra* philosophy just as valuable outside of the bedroom.

In this part, I talk about love lessons that can help improve communication and rekindle romance, two prerequisites to having great sex (which has no expiration date)!

Kama Sutra as a Life Lesson

While the purpose of the *Kama Sutra* may seem to be the pursuit of pleasure, the main message of the *Kama Sutra* is the importance of communication. Not only do you need to remain aware of the words you say, but you also need to remain mindful of the messages you send with your body. This is as important to having a great personal life as it is to having a great sex life.

Think about the things that have been repeated throughout this book: pay attention to what you're saying, don't be afraid to ask for what you want, treat your partner with respect, be adventurous, take risks, respect yourself, and don't deny the things that make you feel the best. That's a series of life lessons as much as anything else!

Supporting Your Partner

The way you love others is a reflection of the way you love yourself. The kinder you treat those around you, the more you will feel the kindness in return. The *Kama Sutra* is about finding the balance of giving and getting pleasure. You work to make your partner feel safe and sexually satisfied while also pursuing your own highest level of enjoyment.

The same thing can be said for becoming a better person. Unconditional compassion is a life-changing experience, both for the person who shares the love and the person who receives it. The following are some ways you can make your partner feel loved:

- ✦ **Give 10 percent more time to your partner.** The longer people are together, the more they take the relationship for granted. Look at your schedule for the week and find a way to give your partner a little bit more of your time. For example, perhaps you have coffee together in the morning instead of taking it to go.
- ✦ **Actively support your partner's personal goals.** It's one thing to believe in your partner's desire to write a novel. It's another thing to surprise your partner by turning part of the guest room into a writing nook.
- ✦ **Spend time apart.** Oftentimes, relationships evolve into either being at work or being together. Giving each other space to pursue friendships and goals separately creates an opportunity for lively discussions and more appreciation for the time you get to spend together.





Being a Better Lover

To become a great lover is to become a selfless partner. In a world that seems to be increasingly self-serving, it is extraordinarily powerful to feel that someone is making your wants and needs a priority without asking for anything in return. The following are ways you can be a better lover:

- * **Create anticipation.** For example, fill a day with sexy hints as to what can be expected during a romantic night together. You don't have to wait for the lights to be off to start the seduction. Begin with a kiss in the morning that includes a whisper of desire and send your partner an email describing a couple new *Kama Sutra* positions you'd like to try. You can then greet your partner at the door with a glass of wine.
- * **Research some techniques outside of the *Kama Sutra* that can heighten sexual pleasure.** You can study acupressure, massage, or seductive recipes made with aphrodisiacs.
- * **Give more than you get.** Everyone wants to feel important and desirable, and one way to give this gift is to occasionally make it all about your partner. Let the pleasure become your own by making it a goal to heighten your partner's orgasm with a sexual surprise.

Love Bites

Take the core concepts of the *Kama Sutra*, such as attentiveness and respect, and work to incorporate them more into your daily life. Watch the way the world responds; the changes will be immediate, in both an external sense of appreciation and an internal sense of peace. There's nothing sexier than someone in the pursuit of happiness who wants to share the journey with everyone around them.

Rekindling Romance

As long-term relationships evolve, the passion can settle into a comfort level that feels more cool than hot. Your partner comes to feel like family, and romance gives way to routine and predictability. This lack of fire can be misinterpreted as boredom or a feeling that the love is fading away.

This is a concept that many married couples expect, but it isn't necessarily true. Feeling comfortable, safe, and secure with someone is a beautiful feeling, even if it doesn't always feel sexy, especially after several years together. The more shared meaning you can find with your partner, the deeper, richer, and more rewarding your relationship will be. Along the way, you'll also be strengthening your relationship.

Feeling a sense of unity with your partner on most of the deep, burning issues is unlikely to occur overnight. But the more you create a partnership where these convictions can be readily divulged, the more joyous your journey through life together will be.

Creating a Spark

Creativity is having options, trying new things, and taking risks. It is the spice of life and the best way to create a spark in a long-term relationship. Many people think you fall in love and then the relationship just takes care of itself. In fact, you have to invest time and nurture it using the principles from the *Kama Sutra*. In this ancient Eastern approach to creating a spark, there must be an equal contribution from both partners to truly be fulfilling and fruitful. Ensure you both participate and take active roles in and out of the bedroom so there is synergy and equal pleasure.

The main ingredient of revitalizing a romantic connection is the simple desire to do so. Making a conscious effort to fix something ignites the need for the brain to seek out solutions. Once you realize the potential for excitement and happiness that is possible when you take control of your destiny, the adrenaline rush that accompanies such thoughts is very powerful. When you're feeling stagnant, everything looks grey; however, when you're feeling empowered, the possibilities explode into color.

The journey of rekindling romance is an exciting one. Once you've made the decision to do so, you can discover the same excitement for each other that you had when you first met. You begin to see your partner with fresh eyes, a new perspective, and a seductive curiosity. The hunger for reconnection awakens the creative areas of the brain to find ways to make this desire a reality. What may have seemed like difficult work suddenly becomes easy play as you flirt like new lovers but with the added benefit of being old friends.



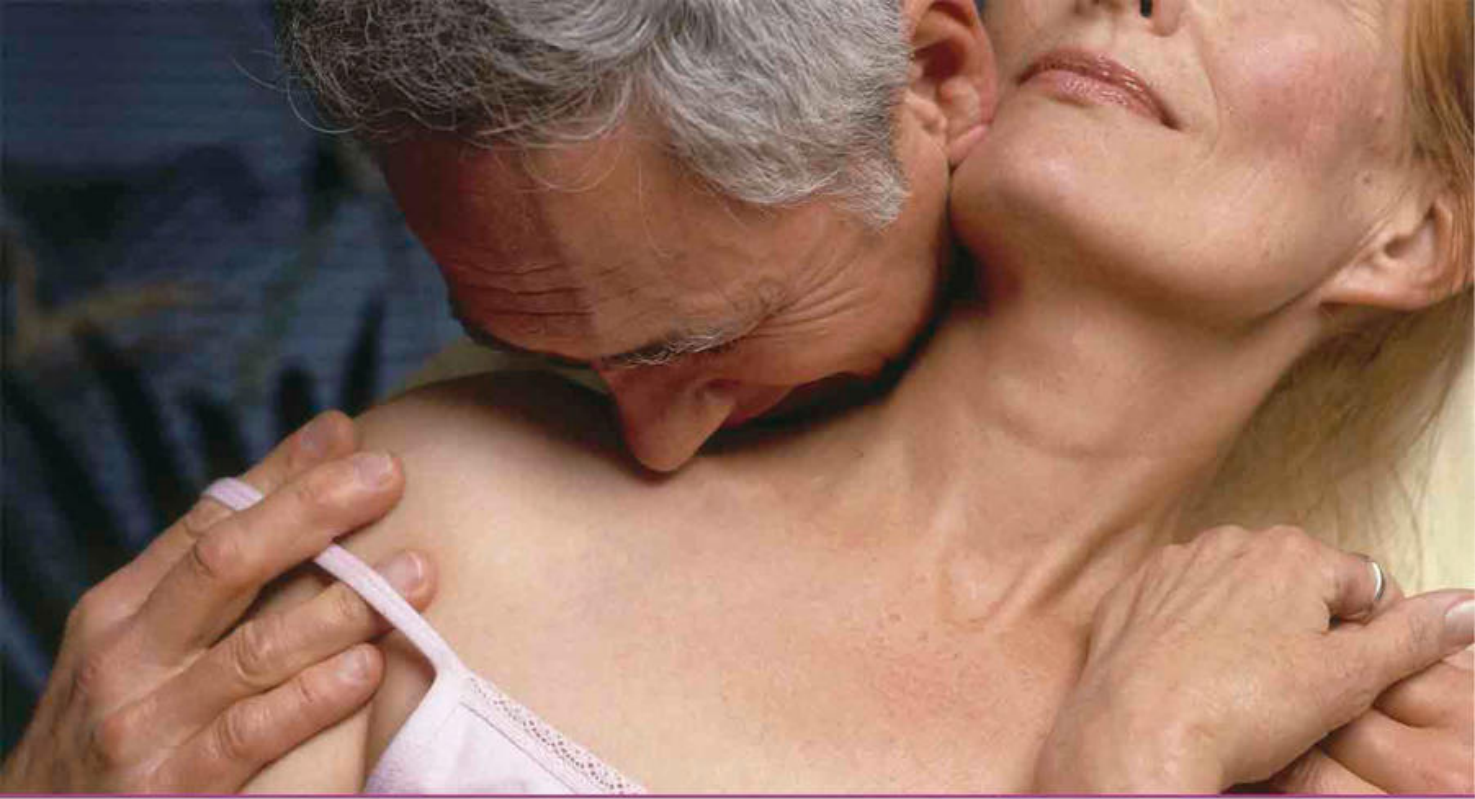


Ten Easy Ways to Rediscover Each Other

The following are 10 rules for romance that help you keep that “in love” feeling with your partner. By reigniting the passion and chemistry that first brought you together, you ensure that you and your partner will not grow apart:

1. **Use the positions in the *Kama Sutra*.** If you're in a long-term relationship and holding this book, you've already taken a step toward rekindling your romance. Trying new things in the bedroom is a fantastic way to spice things up and remember the excitement and pleasure of sexually exploring together. Creating a sense of curiosity and vulnerability allows you to see each other in a new light that will remind you of why you first fell in love.
2. **Create a goal together.** Long-term relationships oftentimes become about two people sharing a life but pursuing separate paths—under the same roof at night but worlds apart during the day. By collaborating on a goal, either big (redecorating the house) or small (a commitment to kissing every day), it gives you something to work toward together and invigorates conversations. It also makes the separate work you're doing become a shared objective.
3. **Do a fantasy date night.** It can become increasingly difficult to actually date your partner as you build a life together, especially if you have children. Make a commitment to carve out a special fantasy date night just for the two of you on a regular basis. Instead of eating pizza while watching TV, put down the remote and share a fantasy that could heighten your romantic life together. Whether it's going to a new restaurant or nightclub, taking a moonlight drive, skinny dipping in the pool, or having a picnic on the beach, make it a priority to spend quality intimate time together at least once a week. The only rule is to talk about passion and not problems.

4. **Turn your bedroom into a passion parlor.** If you've been living together in your home for a long time, it's quite possible your bedroom has looked the same for a while. Changing it up and adding romantic enhancements will awaken all of your senses. Painting a new color on the walls; switching the furniture around; bringing in some sexy sheets; and adding scented candles, fresh-cut flowers, or fluffy pillows will not only make you see the room differently, they can also inspire you to see your partner in a new way as well.
5. **Learn a new hobby together.** Awakening the learning center of the brain also awakens clarity and a renewed sense of curiosity. By learning something new together, you will have the shared experience of being team players, developing skills, and having more fun. Take dance lessons or learn to make cupcakes. It doesn't matter what you do, as long as you do it together. The goal is to work on growing together instead of growing apart.
6. **Surprise your partner.** Birthdays, anniversaries, and holidays come with the expectations of cards, flowers, and gifts. These things are all delightful and appreciated, but there is no surprise in them. However, receiving flowers, chocolates, or a simple card expressing your love on a random Tuesday for no reason other than love can shake the cobwebs out of a dusty romance faster than anything. Sadly, in long-term relationships, partners can actually become invisible to each other because their lives are so enmeshed. Acknowledging your partner's presence in your life can help your partner remember why you're together.
7. **Write a love letter of gratitude.** By writing your partner a letter that expresses all the ways you are grateful for your partner's love, you will run through myriad memories that have built your relationship. Make a list of everything that makes your partner loveable mentally, physically, emotionally, and sexually. This will remind you of special times together, the laughter and kindness you have shared, and the extraordinary gift of sharing your life with someone. As you think about the fantastic person your partner has been, it will allow you to see the amazing person your special someone still is.
8. **Get away.** Everyone needs a vacation now and then. A change of scenery clears the head and helps a person gain perspective that gives a relationship a sense of adventure and renews excitement. When you change your surroundings, you arouse your senses to become sharper and more attentive; this awakened sense of self can make you see your partner with fresh eyes as well. It doesn't have to be an epic adventure—a night together in a downtown hotel, a short camping trip, or a daytrip to the ocean can make you feel worlds away from your daily life.
9. **Touch outside of the bedroom.** The more time people spend together, the less they touch. They become accustomed to one another, and the consistent proximity can give the illusion of touching but can't actually replace the magic of a genuine touch. Long-term relationships also run the risk of touches becoming mechanical or only happening in the bedroom. Communication is important to any relationship, but touch is oftentimes an overlooked way of communicating that can be more powerful than words. A hug in the kitchen, holding hands in public, entwining feet on the sofa, or waking your partner with a loving caress are all ways to show your partner your love without any words being necessary. Plus, a simple touch has the extraordinary power to ignite all kinds of dormant sexual desires.
10. **Forgive frequently and freely.** Small things like leaving up the toilet seat or leaving shoes by the door can build subconscious grudges that can get in the way of feeling connected. Learning to forgive these small things makes it easier to forgive when met with larger challenges, such as your partner forgetting to call when promised or missing a special occasion. And remember to forgive yourself just as frequently and freely as others.



Good Sex While Growing Older

The *Kama Sutra* may seem like a young couple's game, but intimacy is an ageless need, and sex is the second basic instinct after survival. Even if some of the more-adventurous positions are too challenging, that doesn't mean you can't experience the excitement of newness in your relationship. Ultimately, the *Kama Sutra* is about the pursuit of great pleasure; that has nothing to do with age and everything to do with a willingness to try something different together.

The Health Benefits of Sex

Getting older usually comes with the gifts of better communication, a more relaxed approach to life, and greater self-awareness. It may also come with more physical limitations, health considerations, and self-consciousness about an aging body. Honesty, a trusting partner, and a willingness to try new things can strip away any sexual insecurity and invite in a new chapter of sexual delight.

In fact, there are many health benefits to being sexual at any age. Physically, it burns fat, lowers blood pressure, reduces the risk of heart attack, improves bladder control, and makes it less likely for men to get prostate cancer. Mentally, it releases endorphins that reduce stress and anxiety, fight depression, and improve sleep.

Sexual expression is not just about intercourse—it's about the full exploration of the mind, body, senses, and emotional connection with another person. Touching, kissing, massage, and oral play are all part of the sexual landscape that can be explored. Try some of the easier *Kama Sutra* positions. It's not about doing them perfectly; it's about doing them together.

It's often said that age brings wisdom, and this applies to sexual pleasure as well. They may have more flexible bodies, but younger people also have younger minds. As you age, you become rich with life experiences that can enhance intimacy and sexual fulfillment. Talk to your partner and embrace the opportunities to be playful, honest, sexy, and fun. You can be creative and open-minded and experiment with new ideas, toys, and fantasies.

Overcoming Roadblocks

Wanting to explore your sexuality when you're older can come with some challenges, but the benefits of intimacy and touch make facing these difficulties worth it.

Redefine your definition of sex by thinking less about how it should look and more about how it should feel. Good sex is about much more than intercourse; it's about the full spectrum of pleasure emotionally, physically, and mentally. Here are some ways you can deal with issues:

- * **Talk about it.** Be honest with your partner about concerns, questions, and limitations. Sharing your insecurities with your partner is a highly intimate act that shows trust.
- * **Have fun.** More than anything, sex should be about having a good time with your partner. Once your fears are on the table, you're free to enjoy the exploration. It might not go perfectly, but what an exciting adventure the discovery can be!
- * **Focus on foreplay.** If intercourse is challenging, there is a multitude of pleasures to be found in foreplay and oral sex. When you take the focus off the pressure of penetration, it can actually become easier to achieve.
- * **Experiment.** Look through the *Kama Sutra* and find positions that work within your limitations. For many men, their erections are not as strong as they used to be. If this is the case, many of the woman-on-top positions work well for mutual stimulation.

Love Bites

Other than simply being a lot of fun, sex has many great benefits that help improve the quality of life. It has positive effects on mental and physical health, burns fat, reduces both depression and stress, and creates the best escape imaginable from the challenges of daily life.

Just because your hair turns gray doesn't mean you should be denied a rainbow of sexual bliss. Don't be discouraged because you're not the same lover that you used to be. Be grateful that you're able to be the lover you are today.



Everyday Sensuality

The definition of *sensuality* is “the enjoyment, expression, or pursuit of physical, especially sexual, pleasure.” Who wouldn’t want to live in that state of mind as much as possible?

The *Kama Sutra* is full of ways to live a sensual life. The rules it outlines were created specifically with this goal in mind, for people and partners to become fully engaged in their relationships and in the world around them. While many of the practices it suggests might now be outdated, this mission of sensuality is just as relevant today as it was back then. It could even be argued that it’s *more* important today, because we are blessed with freedoms most people didn’t have when the original text was written.

Living a sensual life does not mean living an overly sexual one as much as it means living an authentic life focused on the pursuit of personal pleasure and satisfaction. Being sensual starts with being mindful. Learning to notice the details of the small things you used to take for granted will get you well on your way to sensual living. It can start simply with your bathing ritual in the morning by just paying attention to the sensation of rubbing the soapy water over your curves and crevices. You can notice the way it feels to have the warm water run over your most sensitive areas.

To embrace a more sensual way of living starts with being more self-accepting. Regardless of your age, weight, appearance, income, job, or relationship status, you are worthy of feeling deeply sensual, desirable, and needed. Before you can ask someone else to believe this about you, though, you have to believe it about yourself. If you take steps to replace negative self-talk with positive affirmations, you will be surprised how quickly your approach to life will change for the better.

A sensual life is one that starts with internal discovery and leads to external expression. Everyone experiences moments when life seems to “click”—when the senses are all fully engaged and you feel awake, alive, and excited. Many of these moments stand out in your memory because they happen so rarely.

For example, most couples remember their honeymoon as a special time filled with sensuality, so why not tap into that feeling whenever you want to give yourself an extra burst of sensuality? The goal of sensual living is to invite that feeling to take up more residence in your life. Why should feeling that good only be saved for special occasions when it’s possible to find some aspect of it every day?

Let’s see how you can use the *Kama Sutra* (in this case, with the letters standing for words of advice) for a more-sensual life.

Kindness

Be kind to yourself and your partner. Fill your mind with positive self-talk and eliminate the negative thoughts that do not serve you well. Treat yourself as a valuable and significant person by acknowledging your accomplishments, big and small. Reward yourself often with things that make you happy. Be kind and polite to your partner as you were when you first met, and your partner will be more likely to be kind in return.

Acceptance

Accept and love yourself through awareness of what makes you loveable. Learning to love every inch of yourself is one of the most beneficial gifts you can give yourself, so look in the mirror and tell yourself how fabulous you look every day. You get extra bonus points if you can do this naked. And accept your partner as is instead of asking for or wanting change.

Love Bites

In Richard Francis Burton’s translation of the original text, he defines *Kama* as “love, pleasure and sensual gratification.” I choose to interpret these pursuits as being just as important in life as they are in bed!



Mindfulness

Practice being mindful while you are bathing, eating, and making love to yourself or your partner. Mindful masturbation is a freedom of expression that allows you to pleasure yourself on your own terms and can help you figure out how you feel about sex, allowing you to explore your sexual fantasies. You never need to make excuses about why you do it. Giving this precious gift of self-love and self-acceptance is key to living a healthy sensual life, whether you are single or in a relationship. Masturbation is just as healthy in a relationship, so encourage your partner to do it in front of you or alone without making your partner feel guilty.

Awareness

Become aware of the things that make you feel sensual. If you know what helps you to relax after a long or stressful day, you are one step closer to knowing your mind and body. If you don't know, think about how you can heighten all of your senses, whether it's listening to music, smelling fresh-cut flowers, tasting chocolate, touching water, or looking at erotica. Knowledge is power, and sensual knowledge will result in satisfaction.

Sensory Pleasures

Heighten your senses for more sensual living by tapping into a positive, passionate peak moment when you had memorable sex. If you don't have one, imagine experiencing one by using only your imagination; think about what your lover's tongue would feel like between your legs and what you smell like when fully aroused. Visualize what your partner looks like naked and imagine touching, kissing, licking, and tasting as your partner moans with pleasure. Become aware of your own feelings as you let your excitement build. It's okay to fake it until you make it, because your brain doesn't know the difference between whether you are thinking of a sensual moment or experiencing one and will release feel-good hormones anyway.

Unlocked Inhibitions

Leave your inhibitions behind and imagine you are a dozen times bolder when it comes to sensuality. Walk around naked, dance to your favorite music, or share your fantasies, and you will begin to remove sexual shame and guilt, owning your desires and feeling more sensual. Acting bolder will also boost your self-confidence and, if you're in a relationship, add more excitement to your sex life.

Touch

Use the power of touch to express love and gratitude for yourself and your partner. Know that you are worthy of receiving the most pleasure possible with or without a partner. Reward yourself by getting a pedicure or professional massage or requesting a foot massage or sensual full-body massage from your partner. It can release pleasure endorphins that flood your brain with feel-good hormones like serotonin and dopamine.

Responsibility

Take responsibility for your own pleasure and ignite your passions to light your partner's fire. You can also take responsibility for your boundaries by saying "yes" to more-positive pleasure-peak moments, such as going out with friends or trying a new sex position from the *Kama Sutra*.

Action

Take action steps to create a sensual life by making sensuality a priority in your life and creating positive memories. Embrace your own sensuality and your partner more often. Initiate sex. Make love somewhere other than the bedroom. Look for ways to surprise each other. Activate the creative mind by activating your body and trying a new *Kama Sutra* position every week. This way, you can shake out the cobwebs of a humdrum life and give yourself permission to discover your sensual self.

Commitment Is Everything

The *Kama Sutra*'s emphasis on commitment still applies to modern relationships when it comes to commitment to good, healthy sex and living a happy life. When the *Kama Sutra* was originally written, it was a daunting undertaking, with a series of rules to be followed that ultimately had less to do with sexual prowess and more to do with committing to a personal and interpersonal way of life. The world is different, but these goals are not—after all, everyone wants to be happy, loved, and a good lover.

The Commitment Triad

There are many levels of commitment within the *Kama Sutra*, and their interplay is integral to getting the most out of the experience.

Commit to your body:

You have to commit to the exploration of physical pleasure in a wide variety of ways. To find your highest sexual bliss, you must push your boundaries, find your pleasure centers, listen to your body, and trust your instincts. This is sex at its most mindful, and you must remain respectful of what your body is telling you. The body doesn't lie, so let it lead you toward your ultimate sexual fulfillment.

Commit to your mind:

It is equally important to oblige what goes on in your mind during your sexual experiences. Surprising thoughts can come to the surface during sex, and only by respecting them can you embrace or release them. The messages sent to the brain by sexual sensations can help clarify pleasure and pain, both in your mental and physical lives. If you commit to accepting and expressing these revelations, you open yourself to the potential for greater self-awareness and inner peace.

Commit to your partner:

Equally, you must make a commitment to share your partner's journey toward self-discovery. Giving your partner the best sexual experience also means providing the best emotional experiences, too. Remember to treat your partner as a friend and not just a lover. Respect boundaries and don't ask your partner to do anything that goes against any personal values. Be willing to be flexible in your relationship and your sex life so the end result is win-win for both of you.

When you make the commitment to listen to your body, trust your mind, and respect your partner, you are making a commitment to be your most authentic and sensual self. Nothing can compare to living with integrity, kindness, and passion. This is the grandest theme of the *Kama Sutra*. Find your bliss and own it without regret or apology.



Love Bites

Commitment for single people is different than for couples in a relationship. How do you know whether you're committed when you are single and dating?

- ✿ You've been dating regularly and spend special holidays together.
- ✿ You've met each other's families and close friends.
- ✿ You're living together or spend most of your nights sleeping in the same bed.
- ✿ You both feel great relationship satisfaction.

Creating a Commitment Statement

The idea of making a commitment may seem overwhelming to some, but there is a great deal of power and enjoyment to be found in the decision to commit to someone. Review and renew any commitments you already have in your life, especially toward your partner. You can write down new commitments together and create a "Commitment Statement," similar to the one on the right, much like a business mission statement. Collaborating on writing one together can make your relationship even stronger. By signing it, you and your partner are making a commitment to one another that you are going to invest your time, energy, love, and dedication to each other. You can then display it prominently so you can both see it each day and hold each accountable when and if necessary.

Commitment Statement

_____ and _____
are making this commitment in order
to improve and enhance their loving
relationship. They commit to love each
other and be loyal, honest, and patient.
They pledge to communicate their
feelings openly and honestly while
respecting each other and to be willing to
explore new sensual and sexual territory
together to make their relationship even
more fun.

SIGNATURE

DATE

SIGNATURE

DATE

Part 7

For Further Pleasure

If you are interested in exploring further pleasure and insight into the art of love, romance, intimacy, sensuality, and sexuality, take a look at my favorite resources. I have put these together to help educate, entertain, and empower your experiences.

Thank you for taking the time to read this book and explore some of the amazing resources. Remember that knowledge equals power, and sexual knowledge equals sexual satisfaction.

I wish you a seductive and spicy sexual journey!

Books for Better Sex

Amen, Daniel, MD. *Sex on the Brain: 12 Lessons to Enhance Your Love Life*. Harmony, 2007.

A friendly and approachable guide to understanding the way the brain processes relationships and sexuality.

Anand, Margot. *The Art of Sexual Ecstasy: The Path of Sacred Sexuality for Western Lovers*. Jeremy P. Tarcher, 1990.

This landmark publication on human sexuality gives easy-to-understand insights into the sensual philosophies of the East.

Bailey, Nicole. *Pure Kama Sutra*. Duncan Baird Publishers, 2005.

This illustrated collection of sexual positions offers a wide variety of techniques from the *Kama Sutra*, as well as the *Ananga Ranga*, *The Perfumed Garden*, and Tantra.

Cadell, Dr. Ava. *Neuroloveology, The Power to Mindful Love & Sex*. Premier Digital Publishing, 2014.

This book has breakthrough discoveries on how to grow your romantic relationship while growing your brain cells. Endorsed by *Men Are from Mars, Women Are from Venus* author Dr. John Gray, it introduces new ways to make your environment love-friendly, so your mind and body are ready, willing, and able to give and receive love.

———. *The Sexy Little Book of Sex Games*. Alpha Books, 2012.

I put together this fun and flirtatious collection of ideas for spicing up your sex life with games, techniques, love foods, dirty talk, erotic massage, role-playing, and more.

Chia, Mantak, and William U. Wei. *Sexual Reflexology*. Destiny Books, 2003.

This insightful manual gives you the tools to use reflexology and acupressure to build intimacy and increase sexual pleasure.

Daniélou, Alain, trans. *The Complete Kama Sutra, by Vatsyayana*. Park Street Press, 1994.

This translation is an inclusive introduction to the full *Kama Sutra* as it was originally intended. Though it may not be as juicy as you might expect, it does offer great insight into how much has changed in both society and romantic relationships.

Douglas, Nik, and Penny Slinger. *Sexual Secrets: 20th Anniversary Edition: The Alchemy of Ecstasy*. Destiny Books, 1999.

Selling over 1 million copies since its original publication in 1979, this book presents a concise overview of the history and philosophy of sacred sex (particularly in India and China), complete with practical exercises, meditations, and beautiful erotic drawings.

Francis Burton, Richard, trans. *The Perfumed Garden of the Cheikh Nefzaoui, A Manual of Arabian Erotology (XVI. Century)*. Kama Shastra Society, 1886.

This Francis Burton translation covers the texts of an Arabian guide to love and sex.

Francis Burton, Richard, and F. F. Arbuthnot, trans. *Ananga Ranga; (Stage of the Bodiless One) or, The Hindu Art of Love. (Ars Amoris Indica)*. Kama Shastra Society, 1885.

Francis Burton's translations of this additional text on the art of love remains widely popular.

———. *The Kama Sutra of Vatsyayana, by Vatsyayana*. Kama Shastra Society, 1883.

The original translation of the *Kama Sutra* continues to be a popular resource, with hundreds of editions published over the past century.

Gray, Dr. John. *Men Are from Mars, Women Are from Venus*. Harper Paperbacks, 2012.

Originally published in 1992, this world-famous book, which was the first to detail the differences between the male and female approach to relationships, has sold more than 50 million copies.

Henderson, Julie. *The Lover Within: Opening to Energy in Sexual Practice*. Barrytown Limited, 1999.

This fantastic manual offers both partnered and solo exercises for enhancing and embracing your sexual energy.

Hopkins, Martha, and Randall Lockridge. *Intercourses: An Aphrodisiac Cookbook*. Terrace Publishing, 1997.

A cookbook for lovers, this collection of recipes was created to inspire great fun in the kitchen and deep intimacy in the bedroom.

Johnsen, Linda. *The Complete Idiot's Guide to Hinduism*. Alpha Books, 2001.

A highly informative and entertaining look at the spiritual beliefs and practices that informed the *Kama Sutra*.

Kama Sutra 365. DK Adult, 2008.

This entertaining collection of positions gives you and your partner a full year of sexual exploration, from mild to wild.

Kaufman, M., MD, C. Silverberg, and F. Odette. *The Ultimate Guide to Sex and Disability*. ReadHowYouWant, 2012.

This fantastic guide gives detailed insights into discovering (or rediscovering) sexual pleasure and intimacy when faced with illness and disabilities.

Kerner, Ian. *She Comes First: The Thinking Man's Guide to Pleasing a Woman*. William Morrow Paperbacks, 2010.

This entertaining guidebook offers men a new philosophy for giving their female lovers the ultimate pleasure through oral sex.

Kuriansky, Judith. *The Complete Idiot's Guide to Tantric Sex, Second Edition*. Alpha Books, 2004.

A helpful guide for beginners interested in bringing Tantric practices into their lives.

Lacroix, Nitya. *Kama Sutra: A Modern Guide to the Ancient Art of Sex*. Hylas Publishing, 2003.

Lacroix has over 40 books on better sex, massage, Tantra, and the *Kama Sutra*. Positions and techniques are described in great detail, with further explanations on how men and women benefit differently.

Louis, Ron, and David Copeland. *The Pocket Idiot's Guide to the Kama Sutra*. Alpha Books, 2005.

A handy manual covering dating, seduction, and relationships, complete with a collection of poses that work as a quick reference for lovers on the go.

Mervis Watson, Cynthia. *Love Potions*. Jeremy P. Tarcher/Perigee, 1993.

Mervis Watson, a medical doctor, turns her expertise to the topic of aphrodisiacs and offers detailed information about many of the best sex-enhancing substances available, including both foods and supplements. She even offers recipes for creating your own aphrodisiac tinctures.

Michaels, Mark A., and Patricia Johnson. *Tantra for Erotic Empowerment*. Llewellyn Publications, 2008.

This engaging illustrated guide shows you how to utilize the tools of Tantric practices to improve sensual pleasure, as well as to create a richer daily life.

Odier, Daniel. *Yoga Spandakarika: The Sacred Texts at the Origins of Tantra*. Inner Traditions, 2004.

A thorough translation of early sacred Tantric texts that provides detailed explanations of the history and practices of this ancient art.

Reed Gach, Michael. *Acupressure for Lovers: Secrets of Touch for Increasing Intimacy*. Bantam Books, 1997.

A first-rate introduction to the art of sensual acupressure, which can greatly enhance any sexual experience.

Rice, Edward. *Captain Sir Richard Francis Burton*. Harper Perennial, 1991.

A fascinating biography of the man responsible for bringing the *Kama Sutra*, *Ananga Ranga*, *1001 Arabian Nights*, and *The Perfumed Garden* to the Western world.

Richardson, Diana. *Tantric Orgasm for Women*. Destiny Books, 2004.

An insightful look on how women can achieve full-body orgasms.

Sinha, Indra, trans. *The Love Teachings of Kama Sutra: With Extracts from Koka Shastra, Ananga Ranga, and Other Famous Indian Works on Love*. Marlowe and Company, 1997.

An artistic and poetic translation of the *Kama Sutra* that contains many illustrations and color photos of Indian art and sculpture.

Tannahill, Reay. *Sex in History*. Scarborough, 1980.

A comprehensive examination of sex throughout history and its role in social, political, and religious life.

Whipple, Beverly. *The G-Spot and Other Discoveries About Human Sexuality*. Holt Paperbacks, 2004.

This groundbreaking best-seller was originally published in 1982 and was the first book to prove the existence of the Grafenberg spot (G-spot), forever changing our understanding of female pleasure.

Websites for Stimulating Sex

Adameve.com

This is the site for the leading adult toy company for more than 40 years. When you want to shop for erotic toys online, it has it all. Male or female, straight or gay, and anywhere in between, they have the adult toys and movies you're looking for.

Amaracharles.com

This site provides sacred sexuality workshops; seminars; retreats; and online courses on ancient Taoist, Tantric, and Shamanic teachings about sex.

AskMen.com

This fantastic online resource for male self-improvement covers a variety of topics, including fashion, grooming, sports, and sex.

Bettersex.com

Through this site, you can watch as 12 real-life couples and some of the world's leading sex experts take you on an erotic journey to enhanced intimacy and earth-shattering orgasms.

Butterflyworkshops.com

Under the tutelage of Laurie Handlers, a film producer, author, and intimacy coach, this site offers Tantra tours for Tantric laws of intimacy and sexy secrets to a juicy love life for singles and couples.

Eroticmassage.com

Offers a large collection of explicit erotic-massage educational videos for all orientations. You can also enroll in online classes and learn valuable information on sexuality and erotic touch.

Evolvedworld.com

A sexual lifestyle destination with content that is educational, entertaining, informative, and delivered with a sense of humor and sensual appeal.

Guidetowickedsex.com

Adult star Jessica Drake has her own line of explicit sex education videos on this site to enhance your sexual growth. Subjects include threesomes, masturbation, anal play, the G-spot, sexual positions, and fellatio.

Isismedia.org

Focused on G-spot orgasms and female ejaculation, this site offers books, DVDs, and workshops with pioneer Deborah Sundahl, an author and sex educator who leads hands-on classes for women.

Kink.com

This site's mission is to create the most authentic BDSM experiences that foster community and empower people to explore their sexuality. A movie about the fetish company entitled *About Cherry* starring James Franco will undoubtedly make the website even more popular.

Kinkacademy.com

This features sexually explicit material through videos, articles, and webinars to stimulate singles and couples to expand their sexual horizons about bondage, domination, discipline, and many other kinky inspirations.

Lgbt-education.info

This is the global alliance for LGBT education, providing information and a platform for exchange for everyone who is concerned with education about the rights of lesbian women, gay men, bisexuals, and transgender people.

LoveologyUniversity.com

A unique site that offers certified courses in all areas of love, relationships, intimacy, and sexuality. You'll learn everything you've always wanted to know about pleasing a man or a woman.

Newworldsexeducation.com

A site that provides a new angle on sex positions, oral sex for couples, red-hot touch, sensual massage for pregnancy, and yoga for sex by Jaiya Ma, who holds certifications as a somatic sexologist, sexological bodyworker, and Tantra teacher.

Passion.edu

The site for Passion University provides passion-based education where students develop and embody their authentic passion and learn what they want through an open education system.

Penthousestore.com

This sexy online store has an array of enhancements to spice up your love life, such as adult videos, lingerie, costumes, shoes, toys, lubes, and memorable gifts for your special someone.

Puckerup.com

For edgy eroticism and education, Tristan Taormino's videos on this site are the best, featuring titles like *Tristan Taormino's Rough Sex* and *Kinky Couples Guides*. With graphic features and techniques on the G-spot, fellatio, and bondage, you'll be inspired to push your boundaries.

Secretgardenpublishing.com

Offers artistic books, instructional videos (including *Kama Sutra of Sexual Positions*), and ancient Asian sexual position cards by Dr. Kenneth Ray Stubbs, a sexual Shaman and distinguished sexologist.

SexCoachU.com

This premier sex coach training and credentialing organization run by Dr. Patti Britton and Dr. Robert Dunlap has top-quality training courses for home study and virtual education.

SheKnows.com

This site is for women looking to expand their knowledge on a multitude of topics, from fashion and food to sex and romance.

Tantra.com

A great website for details on traditional Tantric exploration, with access to a database of teachers and workshops around the globe.

Video Guides for Great Sex

All titles are available on Amazon.com unless otherwise noted.

***The Better Sex Guide to the Kama Sutra* (2004)**

Presented by the Sinclair Intimacy Institute, this video teaches couples how to communicate better and build a stronger intimate relationship with an introduction to the philosophies and techniques found in the *Kama Sutra*.

The Better Sex Video Series: Sexplorations (2011)

Dr. Linda Banner takes you through a variety of sexual explorations over the following three DVDs:

Volume 1: *Advanced Sexual Techniques & Positions*

Volume 3: *Erotic Sex Play & Beyond*

Volume 2: *22 Sex Secrets, Tips & Turn Ons*

Intimacy Spa—Sensual Massage for Couples (2009)

Dr. Patti Britton unravels the secrets of sensual massage so partners can learn new ways to soothe and stimulate each other using their hands and oils to arouse the senses and the entire body.

The Lover's Guide: Essential Collection (1999)

A five-disc box set that boasts nearly six hours of sexual advice, including erotic communication, exercises for better sex, massage, masturbation, oral sex, and over 60 positions for lovers to try.

The Penthouse Sex Academy Love and Laughter video series (2014)

This video series, narrated by Dr. Ava Cadell and Dr. Hernando Chaves, offers erotic scenarios on many topics to spice up your sex life. Titles include the following, which are available at sexacademy.com:

Erotic Massage

Sex Fantasies & Role Play

Ultimate Oral Sex

Foreplay

Sexual Positions

Amazing Anal Sex

Masturbation

Swinging

The Tantric Secrets of Sacred Sex (2006)

This video leads you through the Tantric techniques that can further transform your lovemaking with guided imagery, erotic touch, sexual breathing, self-pleasure, expanded orgasm, and ecstatic positions.

Touch of Love: The Intimate Yoni and Lingam Massage (2013)

Using *Kama Sutra* techniques, this video guides lovers through the physical, mental, and emotional exploration of these deeply erotic and intimate massages.

Zero Tolerance “How To” video collection (2013)

These stimulating and explicit instructional videos can help you expand your sexual horizons in a variety of ways. Titles include the following:

Dr. Ava's How to Please a Woman

Dr. Ava's Guide to Oral Sex for Couples

Dr. Ava's Guide to Sensual BDSM for Couples

Dr. Ava's Guide to Prostate Pleasure

Dr. Ava's Guide to Anal Sex

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